

# Relationship Road Map

*Pleasure Together*

*Tension Together*

*Increasing Pleasure*

*Increasing Tension*

**Bliss**

**Happiness**

**Fundamental Needs**

**Light**

**Medium**

**Emotional**

Special Experiences  
Love Intimacy  
Spirituality

Giving Pleasure  
Receiving Pleasure  
Sharing in Pleasure

Compatible  
Personality  
Needs

Stressed/Pressures  
Irritated  
Complaining

Resentment  
Hurt Feelings  
Shutting Down

Anger  
Pain  
Fear

## DEVELOP SKILLS TO ENLIVEN:

- Romantic Love
- Special Events in your lives
- Extra-ordinary Experiences
- Intimacy & Love Making
- Caring Behaviors
- Surprises
- Affection
- Fun
- ◆ Responsive to Core Needs  
When Fulfilled = Heart Opens
  - Sharing Vulnerably
  - Shared Meaningful Activities

When Not Responded to  
= TENSION

## LEARN SAFE TOOLS TO RESOLVE:

- How to get Needs Responded to
- How to give Effective Feedback
- How to give Empowering Advice
- I. Discussing Issues
  - ◆ Sharing Skills
    - Share 10%
    - Focus on Your 90%
    - Own Your Tension
    - Honoring Your Partner
  - ◆ Listening Skills
    - Sun Valley
- 7 Ways to Quickly De-Escalate Tensions & Reconnect
- Safe, Positive Structures for Processing & Resolving Upset Feelings
- Heal Resentments & Hurts from Past
- II. Solutions - Both Needs Matter!
- III. Reinforce Solutions  
So don't have to do this again

Score

Score

Score

Score

Score

Score

Score

## RATE YOUR RELATIONSHIP

For each category above, rate what you consider the skill levels are for you and your partner in Enlivening Pleasure and Resolving Tensions together.

Rating Scale: A = Excellent. B = Very Good. D = Could Improve. F = Failing.