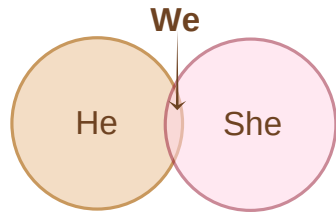


# He, She, & We-ness

Finding the right balance in your relationship.



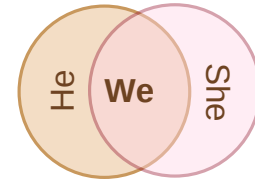
## CONTIGUOUS

DIVIDED/CONTIGUOUS relationships reveal that He and She are basically living separate lives and have little to no interaction or "We". This may be due to long distances, marriage troubles, work schedules, military deployment, having very little in common or an attempt to avoid vulnerability.



## STACKED

ECLIPSED/STACKED relationships offer little to no He and She. It is all "We". As couples grow it is natural to become more overlapping, but eclipsing should not be considered the goal. Long term eclipsed partners often cite feeling suffocated in the relationship or a loss of themselves.



## BALANCED

BALANCED/LINKED relationships have a good mix of "We", She and He that allows each person to bloom as an individual, while supporting the overall needs of the relationship. This relationship thrives because it is less rigid and more dynamic in nature.

## TOWARDS A *Balanced* RELATIONSHIP

In **Divided** relationships look for activities that can be done together, like taking a class, learning something new, cooking together, and couple's time with friends. Be patient. And be careful that one person isn't doing all the moving. Both people must move towards the other, or it can start to feel like an eclipsing relationship.

In a **Stacked** relationship it is important to find your voice and to encourage each partner to look for individual hobbies and interests. Some eclipsed relationships are so because a partner is narcissistic or abusive. In these cases it is important to put your physical safety first and to seek counseling,

# Towards *Balanced* We-ness

**NOTE:** Some couples find this exercise more productive if they complete this separately and then come together to discuss, Other prefer to work on it together.

**1** List activities and interests that fit uniquely in each of the three areas.

**2** Consider activities in the **She** or **He** areas that could be moved into the **We** category in order to foster greater closeness.

**3** Review the activities in your **We** area. Would any of these be better in the **He** or **She** areas?