



## How to move through the different stages of your relationship

### Activity 1 What are your agreements about the relationship?

Are you explicit in your expectations from each other and the relationship? What agreements do you have about your relationship with regard to

- The way you show affection and love to each other
- The amount of time you want to spend together
- Your priorities and values as a couple
- The way you spend your time together
- What behaviour is acceptable/not acceptable?

The Relationship Maze



## **Activity 1 cont. What are your agreements about the relationship?**

### **What are your agreements on**

- How often you should sit down and talk about the relationship (the good, the bad and the ugly)
- How to make up after an argument?

## **Activity 2 What are your agreements about living together?**

Consider how you would want to manage the following areas of your life:

### **Space:**

Do you require a room that is not shared with your partner? How much time do you want to spend together/separate when not working?

## **Activity 2 cont. What are your agreements about living together?**

### **Domestic chores:**

Who does what in the house? When? How often? To what standard?

### **Your respective families:**

What proximity do you need in relation to your parents? How often will you want to visit each other's family? Do you always need to both go or not? Are there events that need to be attended by both of you? How will you talk about each other's families (in particular if you don't like your partner's family)? Does one family have priority over the other? Which information can be shared with the families? Which can't?

What are your expectations with regard to your family's involvement with childcare (if you have children)?

## **Activity 2 What are your agreements about living together?**

### **Children:**

Do you both want to have children or not?

If yes, when do you both want to have children?

How will you manage childcare? Who does what in terms of looking after the children?

Is one of you reducing their work time?

What are your expectations around your respective roles as parents?

Do you have the same ideas about how to bring up children? What is most important to you? What matters to you with regard to disciplining, or allowing your child to do?

What kind of education do you want your child to have?