

Planning Your Relationship

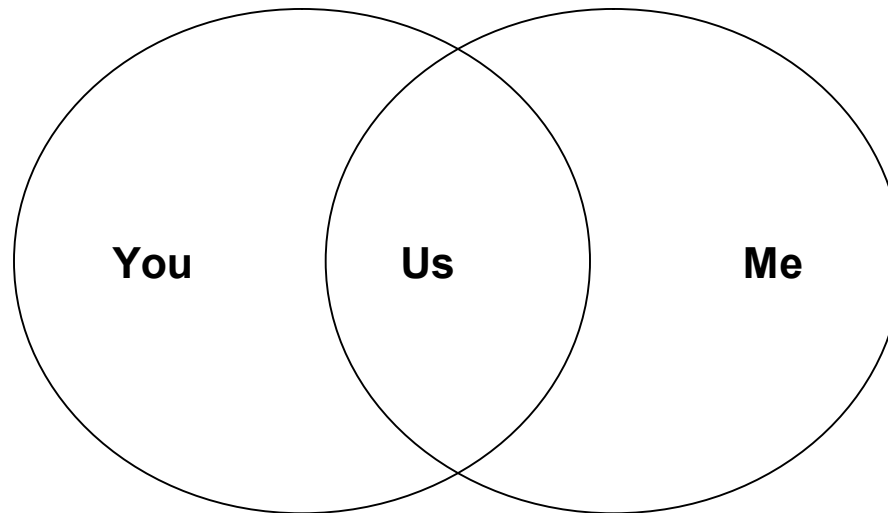
A good relationship has at least three parties: You, Me, Us.

- Too much us, creates burnout, loss of interest in each other, “nothing new.”
- Too little us, creates avoidance, emotional distance, “who are you?” attitude.
- It is important to define what “Us” (as well as You and Me) looks like when successful. A good question to ask, “What will “Us” look like and others say about “Us” if we are happy and healthy?”

Scale the “Us” from 1 (not good) to 10 (excellent), what will increase it by 1-2 points? It is important that you have a “Family/Marital Plan” just like a business. It helps you set goals, grow, and most importantly, provides ACCOUNTABILITY.

If you evaluate your “Family/Marital Plan” every three months, you will avoid the following:

- taking each other for granted
- getting into a rut
- becoming bored



Every couple is different but your “Us” may consist of the following components: religion, finances, kids, social events, recreation, community, extended family.

Also, you must protect the “You” and “Me.” If you do, then when the question is asked, “What are you bringing to the relationship that is fun, fulfilling, energizing and healthy?” you will have a positive answer. **If you are not bringing something your partner finds enjoyable, why should they stay in the relationship?**

For couples counseling, contact Tracy Todd, Ph.D., LMFT, at 303.654.7784. To find out more about Tracy visit the Brief Therapy Institute of Denver, Inc. website at www.btid.com