

### **Couples That Work by Jennifer Petriglieri**

- 💡 I understand that we reap benefits as a couple when we both work and dedicate ourselves to home life
- 💡 It is the developmental crises we face in our transitions that hold the potential for growth
- 💡 I acknowledge the triggers that make it difficult for us to continue along the path we crafted in our previous relationship stage
- 💡 I ask: How can we make this work? What do we really want? Who are we now?
- 💡 I understand that transition brings struggle that requires reshaping our path in order to move forward
- 💡 I watch for assumptions based solely on my experience to date
- 💡 I move gracefully from independence to interdependence - deliberately, openly and jointly choosing to make our journey better together
- 💡 We revisit couples contracting regularly to discuss values, boundaries and fears - finding common ground to help navigate difficult decisions
- 💡 I know that we suffer more from imagination than from reality
- 💡 We use kindness to create a virtuous cycle; fueled powerfully by small pockets of undivided attention
- 💡 I dig below practical day-to-day issues to address deeper questions of career prioritization and life structure
- 💡 I set clear life boundaries to promote psychological safety and provide room to experiment and grow
- 💡 We discuss options openly and explicitly and make shared decisions based on real feelings, needs, fears and desires
- 💡 I create time for open-ended conversation - planning that enables everyone to thrive
- 💡 I embrace the process of individuation where I begin to craft a self and life rooted in my unique interests and desires - becoming the person I am meant to be and following a path that feels like it is truly mine
- 💡 I let go of my ways of being that no longer work (for me, for my relationships)
- 💡 It's never just about me - what do WE really want?
- 💡 I show gratitude for the effort my partner puts into our relationship
- 💡 I frame challenges as opportunities for growth; valuing the process more than the results
- 💡 We celebrate our growth with each other
- 💡 We work on rebalancing and broadening our roles - not relinquishing them
- 💡 We work collaboratively to figure out what we really want and lay the groundwork for reciprocally individuated paths, then switch to managing the practicalities
- 💡 We anticipate and plan for transitions; understanding required levels of investment and likely pressures that we will need to balance
- 💡 We regularly revisit and when necessary, renegotiate our career-prioritization and parenting agreements
- 💡 We think long-term and structure our finances so that we have options for change in the future
- 💡 We discuss and watch for deal-breakers; recognizing that everything else is a negotiated compromise
- 💡 I have a sense of urgency to use time well and live life to the fullest
- 💡 I choose good enough in the right areas of life - for everything else, it's pure excellence all the way
- 💡 I have self-respect, which is enough; I also have enough, which means I have self-respect
- 💡 We develop and maintain shared passions - unrelated to our careers or children
- 💡 I treat loving and working as an art to be mastered through practice and investment
- 💡 I dedicate one day per week to my own project
- 💡 We live our partnership according to a set of agreed principles (freedom, impact and fun)
- 💡 I remain curious about our individual and joint lives; as well as our future possibilities
- 💡 It's not what I do, but how I do it that makes the difference; process over specific choices
- 💡 We embrace tough conversations where everything is shared openly and worked through with kindness
- 💡 We look past symptoms to discover and resolve underlying issues
- 💡 We dedicate time and effort to answering the question: Who do we want to become?
- 💡 We purposely develop joint interests that broaden our horizons (new projects, exploring roots, learning, etc.)
- 💡 We embrace our own journey; never comparing ourselves to others
- 💡 We treat loving as a craft to be learned, practiced, developed, honed, enjoyed and used
- 💡 We combine love and work into an art; investing daily in both with no shortcuts or hacks