## The Roadmap of Intimate Relationships

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ENCHANTMENT
Idealization Phase,
"Limerence"- lots of
projections pinging
back and forth...
"You fit my needs.
You are everything I
had hoped for"

DISENCHANTMENT
Surprises, shocks,
misunderstandings,
doubt, and
disillusionment
"You are not who I
thought you were. Is
this a mistake?"
What felt safe, now
begins to feel
dangerous.

STRUGGLE AND
ANGUISH Phase –
Protests begin, "How could you?!"
Attempts to return to Enchantment phase.
Criticisms &
Defensiveness,
blaming & shaming ensue leading to a breakup or toxic resignation, chronic conflict and ongoing misery.

The possibility exists for a truer love with a commitment to growth.

**INNER GROWTH AND** INTERPERSONAL WORK Phase -Partners gain insight into themselves and each other and claim responsibility for their part in the creation, healing and resolution of difficulties. Skills and capacities are developed. The **Inner-Self system is** explored. Projections and interlocking complexes are untangled

New ways of being and seeing each other.



CONSCIOUS
RELATIONSHIP
with all its challenges
and rewards

Partners embrace a process of personal and interpersonal growth – i.e. "Individuation in Connection™"

COMMITMENT to the growth of capacities: COURAGE, CURIOSITY COMMUNICATION COMPASSION CREATIVITY

Relationship shifts from a focus on meeting Ego needs to Soulful Connection and enduring love.