

## Evolution of Relationship: Build It To Last

PEA

I'm sticking around. Let's plan our life together	<b>Mature Love (Loving)</b>	Committed to commitment. We're in this for the long haul
Communication		
Figuring out if we can make this work	<b>Disillusionment/Power Struggle</b>	Seeing & negotiating differences
Communication		
Can't stop thinking about you	<b>Romantic Love (In Love)</b>	Exciting time fueled by internal chemistry. Feels real
Communication		
People you like to be with just to be with them	<b>Friendship</b>	Can potentially include many levels
Communication		
Interactions occur around a common interest or activity	<b>Companionship</b>	Book club, ski buddy, co-worker, someone you're newly dating
Communication		
Someone with whom you have a superficial level of interaction	<b>Casual Contact</b>	Checker at grocery store, distant co-worker, neighbor, first date
<b>R.A.W.</b>		<b>R.A.W.</b>

Increasing Levels

**Trust  
Caring  
Respect**

Authentic trust, caring & respect earned through repeated, reciprocal demonstrations of trustworthiness, availability & presence

Ongoing re-evaluation of R.A.W. in self and other

Ongoing assessment of commonality of interests, values & goals

Lower levels support those above and will be continually revisited throughout the relationship

These relationship qualities start out very low to non-existent. Increase over time with communication, being together, shared experience.

**Each presents with varying degrees of Readiness, Availability & Willingness:**

**Readiness** - I'm in a place in my life where I have done enough of my own personal work that I feel at least fairly confident in knowing what I want in a relationship and what I can offer.

**Availability** - my personal work is ongoing. I am free from the encumbrances of previous relationships. I am not run by compulsive or addictive behaviors. I am working toward being present for myself and others.

**Willingness** - I am willing to present myself in an open and honest way in the pursuit of relationship and connection.

Sexual activity at "Casual" & "Companionship" levels is more about physical & ego gratification, more about taking than giving. Used as means of keeping the other interested. Through the levels, sex goes from "All about me" to a means of deepening connection & commitment. Guard against sex becoming the common interest around which "Companionship" is built. Delaying sex results in more frequent & productive communication, creating more solid lower levels to support the structure.