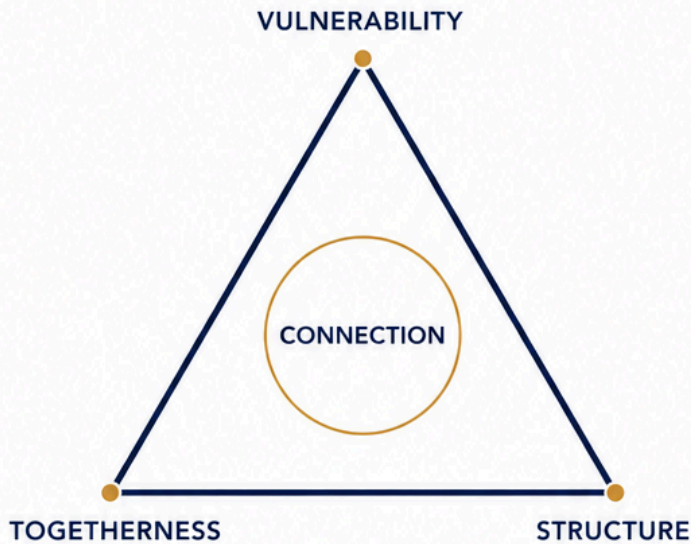


RELATIONSHIP SUCCESS TRIANGLE

Strong relationships are built upon three interconnected foundations: Vulnerability, Structure, and Togetherness.

Couples often seek help for communication, trust, or conflict. Beneath these challenges are three essential relationship foundations. When these areas are balanced, couples experience greater safety, connection, and resilience.



VULNERABILITY

The willingness to be open, honest, and emotionally accessible, even when it feels uncomfortable.

STRUCTURE

Healthy boundaries, routines, and intentional time that create balance and stability.

TOGETHERNESS

The ability to face life's challenges as a team through consistency, support, and shared effort.



REFLECTION

Which foundation feels strongest in our relationship?

Which foundation would benefit from the most attention right now?

