

# THE SPIRAL MODEL

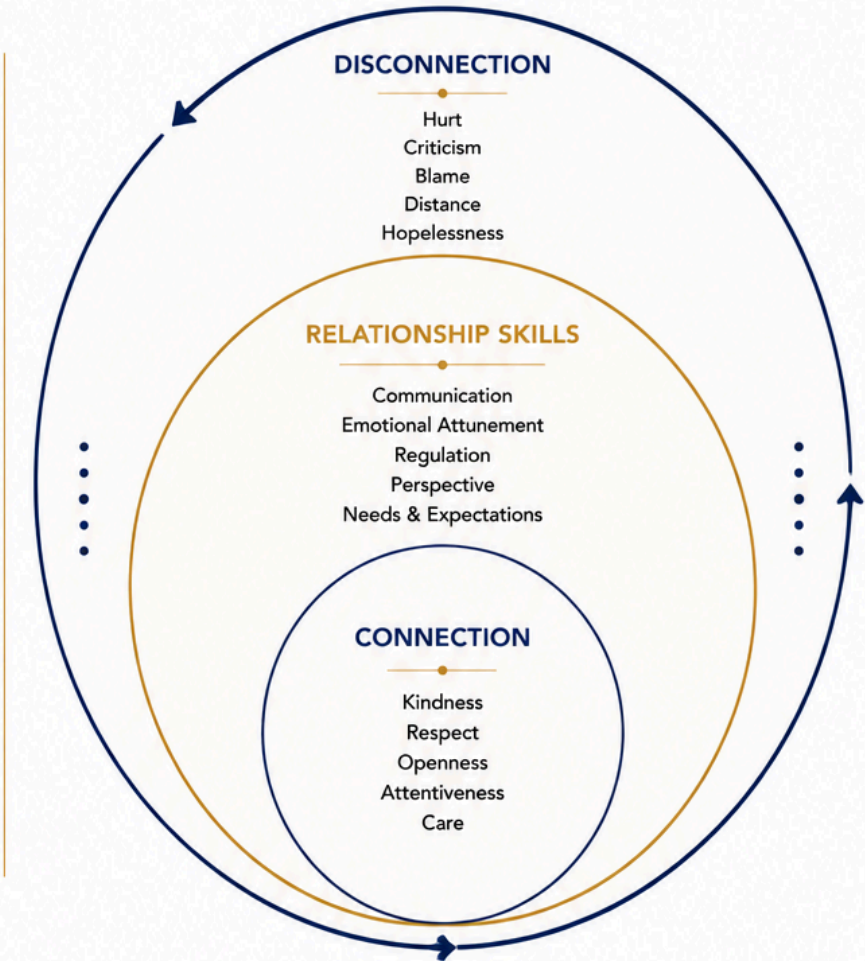
*Relationships tend to move in one of two directions: toward connection or toward disconnection.*

Most couples do not wake up one day feeling distant. Disconnection usually develops gradually.

When hurt feelings are not addressed, partners often become critical, defensive, blaming, withdrawn, or hopeless. Over time, these reactions create a negative cycle that pulls couples further apart.

The good news is that this cycle can be interrupted.

By practicing intentional relationship skills, couples can slow the spiral and begin moving back toward understanding, connection, and repair.



## REFLECTION

When conflict occurs, where do we tend to get stuck in the spiral?

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What helps us move back toward connection?

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*Small moments of care often prevent large moments of disconnection.*

