

THE SPIRAL MODEL

*Relationships rarely break down all at once.
More often, they drift into a cycle.*

When partners consistently experience kindness, respect, openness, and care, relationships tend to feel safe and connected.

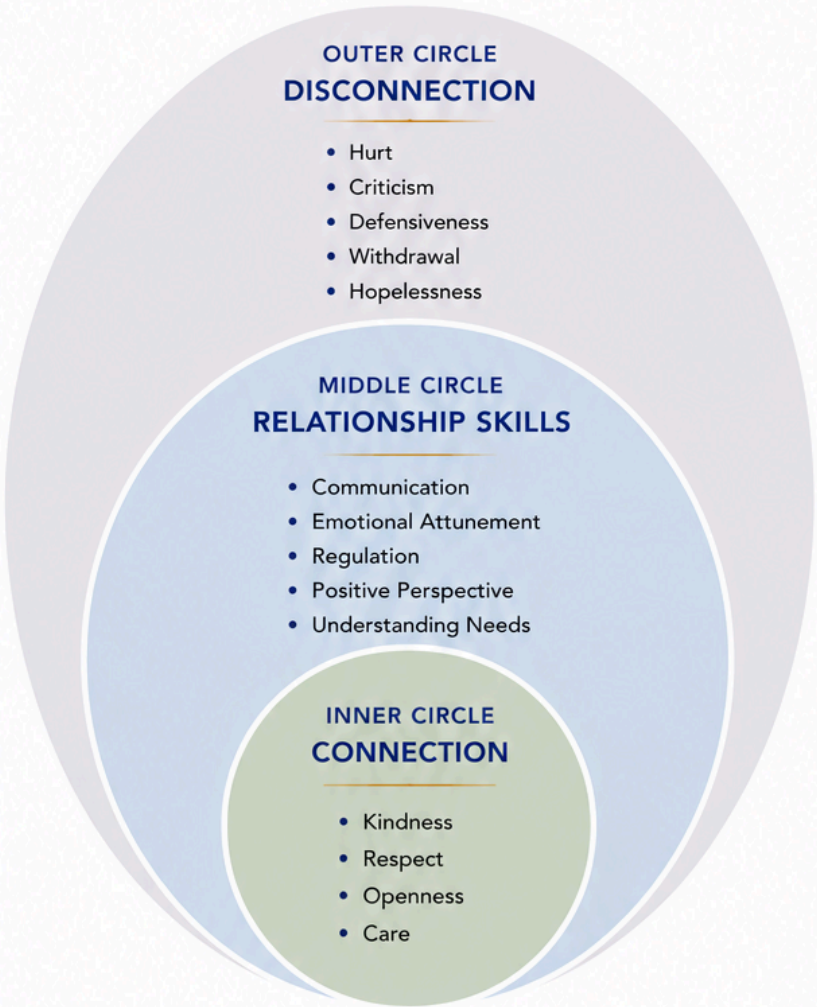
When those experiences become less frequent, hurt often follows.

If hurt is not addressed, couples may begin criticizing, blaming, withdrawing, defending, or shutting down.

Over time, these reactions create distance.

Distance can eventually lead to hopelessness, loneliness, and disconnection.

The good news is that this cycle can be interrupted. Healthy relationships build skills that help partners slow down, reconnect, and move back toward each other.



REFLECTION

Where do we spend most of our time as a couple right now?

- Mostly Inner Circle
- Mostly Middle Circle
- Mostly Outer Circle

What is one skill that could help us move closer to connection?

CLOSING THOUGHT

*The goal is not to avoid every rupture.
The goal is to notice the spiral early and return to connection sooner.*

