

Relationship Blueprint

A **blueprint** in this sense is a set of **rules, standards and guidelines** that we subconsciously set for different situations and people. They are formed based on our values, beliefs, attitudes, assumptions, observations, culture, learning and behavioural style...and pretty much anything else that influences the way we interpret the world.

We have a blueprint for pretty much **every person and situation in our lives** - for example, what it takes to be a good wife, a bad wife, a loyal friend, an unreliable friend, a good cup of coffee, a terrible cup of coffee, a fun day out, a boring day out...I think you get the idea.

So **we're constantly assessing what's going on around us** and measuring it up against our subconscious blueprints, and subsequently our experience is impacted either positively or negatively depending on how well it fits.

So the better we can understand our blueprints, the better we can **understand our subconscious needs and desires**, and the better we can fulfil them or make adjustments if they're unrealistic or mis-aligned with other important blueprints in our life or the lives of those around us.

This becomes **crucially important when in a relationship**. Often relationships run into issues or even break down as a result of mis-understanding each other at this deeper level. We may think we're giving our partner what they need, but often we're missing the mark and have no idea.

So to start uncovering your **relationship blueprint** and how you roll when it comes to feeling loved and having your needs met, answer the questions below and have your partner do the same.

Do this individually and then come together to discuss. Further instructions on this follow below.

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1. What has to happen for me to feel loved?

2. What must not happen for me to feel loved?

3. How do I like to show love?

4. How do I like to be shown love?

5. What are the top 5 things I love about my partner?

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6. What are the top 5 things I find challenging about my partner?

7. What 3 things do I love most about our relationship?

8. What 3 things do I think we could work on in our relationship?

9. What do I wish we had more of in our relationship?

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10. What do I wish we had less of in our relationship?

11. What am I passionate about?

12. What pisses me off?

13. What is my idea of a perfect date?

14. What does my ideal day look like?

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Give each other the opportunity to go through all your answers without interruption. Before you start, **make a pact with each other to keep the ultimate outcome at the forefront of your mind** for the entirety of the discussion - that is, to understand each other at a deeper level and enhance your relationship.

It can be challenging to hear some of your partners' comments, especially the parts about what they would like to change, and you may feel like you want to jump in and defend yourself or argue the point, but it's integral that you **create a space where you both feel safe to say whatever you feel**, so that you can stay on track towards that ultimate outcome and not get lost in petty struggles trying to be right or gain control.

So after you've both vocalised everything, it's **time to start making a game plan** and create actions that each of you can do to fulfil the others' needs in a much greater way.

Remember - when creating change, slow and steady wins the race. The way you like to be loved and have your needs met may be very different to your partners', so you need to give each other time and make it easy for you to learn the new behaviours and make them a natural part of how you operate.

So **pick three simple things you can each do that week to make each other feel loved and meet each others' needs within the relationship.** This could be things like: give me a cuddle every morning before you get out of bed, send me a message during the day to let me know you're thinking of me, ask me how my day's been when you come home from work or unload the dishwasher when it's finished.

Once you've agreed on the actions for the week, write them down and stick them up somewhere visible if necessary to remind you. Each week assess how you've gone and change or add to the actions as you see fit. Also agree that **it's OK to pick each other up** if either one doesn't do something or doesn't do it satisfactorily.

Remember you're both learning so this is about helping each other, to help yourselves x

Weekly Actions

Name :

Name :

Action:

Action:

Action:

Action:

Action:

Action:

Comments: