

Me|We|Us

The foundation of the Gottman “Sound Relationship House” theory sits upon the concept of “love maps.” Love maps are a combined understanding of each partner’s tapestry of life experiences and truths.

To effectively fill-in a love map between two partners it is critical to understand and share personal insights and awareness that include the “self”, “partner”, and “relationship.” If a partnership wishes to pave a path forward together through a committed, trusting, and healthy dynamic then they need to create shared meaning. They both need to understand one another. Said another way, partners need to understand Me|We|Us.

Commonly, relationships develop on a surface level with a cautious approach and general understanding across topics such as finances, trust, connection, love/sex/intimacy, division of labor, family of origin, culture, religious/spirituality, politics, parenting preference, etc.

Eventually, circumstances internally and/or external to the relationship, act as a forcing function, trigger, and/or past traumas expose the partners into situations where the relationship requires more. Subsequently, all too often, relationships become stuck, go sideways, require deeper emotional support, or become exhausted and fatigued from the perpetual patterns of conflict that occur.

More often than not, the conflict is rooted in a lack of awareness by both partners, lack of transparency with one another, and/or a lack of experience/skill to support the partner in crisis. Furthermore, many partnerships do not have a deeper understanding, or “tool kit”, to help support or accommodate their partner. Eventually, emotional fatigue overcomes the relationship and/or isolation, loneliness, and disconnect becomes all too common.

By understanding Me|We|Us in a relationship both partners are creating shared meaning. Said another way, you are becoming bi-lingual in your relationship and translating a deeper understanding of yourself. Likewise, you are also learning the language and blueprint of your partner and the underlying meaning associated with their thoughts, feelings, and behaviors.

Both partners should have an opportunity to be seen, heard, and understood through their life experience. By speaking one’s truth and demonstrating courage and vulnerability with one another the shared insights can enable each partner with the ability to understand, accommodate, and move together towards the agreed upon mission statement. *Aka – goals, objectives, values, etc.*

Me|We|Us fills out the love map more explicitly, all the while cultivating components of the Gottman “Sound Relationship House” theory. Those components include practicing a partnership that shares fondness & admiration, practicing turning towards instead of away, practicing a positive perspective, practicing how to approach conflict in a healthy way, and orienting together towards what can make life’s dreams come true.

The “work” and “practice” involved in Me|We|Us is to identify the opportunities that exist for each of you, as individuals, to reflect and discover how you contribute to the system of Me|We|Us. Then, seek to understand how your partner contributes. With the power of the “Me” insights, you both can work together “We”, to build out “Us!”

Additional resources can be provided to support your efforts. The resources involve prompts to reflect upon yourself, journal, or document, as well as activities to gain new knowledge relevant to you and your partner through listening, watching, and reading a variety of material and content.

When and what you discover, as well as what you share will hopefully enable you both to fill out your love map as partners.

Ultimately, leading you towards the relationship you desire!