

Collision of  
unspoken  
expectations

Initial distress,  
accusations & anxieties

# Vision for Self and for the Relationship

Teamwork Skills  
and Values

Couple's Unique  
Challenges

Communication Skills

Individual Definition  
and Growth

Healthy  
Family

Healthy  
Couple

Healthy  
Individuals

Committed, flourishing  
relationship

Original family / Early life experiences / Previous relationships

Culture / Gender beliefs / Social pressures

Biology / Genetics / Limbic system