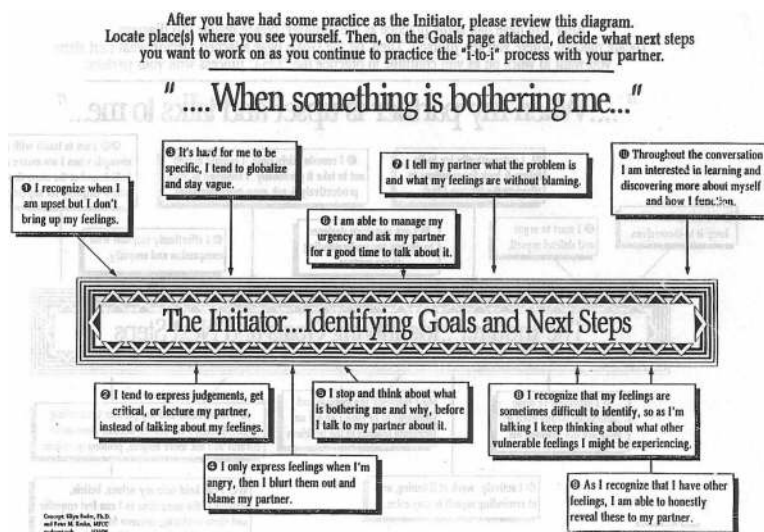


The I-to-I Maturity Goals

After we introduce our clients to the “Tension through Intimacy” exercise and use the roles of Initiator and Inquirer in the office once, in the following session we introduce the Maturity Goals. These goals define the Initiator and Inquirer roles from their least mature mindset (steps 1-4) to a more mature mindset (step 5) and to the most mature (steps 6-10/11). We recommend that all clients become familiar with step 5 as the beginning of maturity and stretch themselves to function at steps 8 and above on a regular basis. We remind you that under emotional stress on more “touchy” subjects we all regress, but hold yourself to step 5 “at your very worst” and when you cannot, inform your partner and ask for a “time out” to regroup (e.g. an hour or overnight). Then commit to come back to your partner in that period of time and re-initiate the discussion. This way you will do no harm to the relationship.

The Initiator’s Goals



The Inquirer's Goals

After you have had some practice as the Inquirer, please review this diagram. Locate place(s) where you see yourself. Then, on the Goals page attached, decide what next steps you want to work on as you continue to practice the "i-to-i" process with your partner.

"....When my partner is upset and talks to me..."

