

RELATIONSHIP DESIGN EXPLORATION

AND POLAR BEARS AND PENGUINS

Step 1

Recognise the relationship is not as good as it could be. Some relationships will only require a minor adjustment. Other relationships may be dysfunctional or awkward.

Step 2

Spot the signs of an unhealthy relationship. This is where either party displays or repeatedly feels; hostility, discomfort, anger, avoidance, contempt, fear, criticism etc. And then get into conversation by asking the following questions:

- *What would be possible if this relationship was better?*
- *Look at the possibility of creating ground rules with this person.*
- *What are you no longer prepared to tolerate?*
- *When are you willing to compromise?*
- *What are the consequences if the boundaries are crossed?*

Step 3

Remember that designing relationships goes both ways. The idea is to have a conversation and agree on as many things as possible, which could include:

- *How to work with each other when not agreeing?*
- *How we deal with failure?*
- *How do we communicate when tempers flare?*
- *How can I best let you know if you have crossed a boundary?*