



# CHALLENGES

## BEST FRIENDS

BEING BEST FRIENDS IS ABOUT TRUST, FUN, AND CONTRIBUTING QUALITY.

THIS IS FUNDAMENTALLY ABOUT THE WAY THAT YOU INTERACT & TREAT EACH OTHER.

SOME COMMON CHALLENGES INCLUDE;

- Conflict Management
- Self-Awareness / self-management issues
- Learning to co-regulate emotion with partner
- No fun together
- Lack of trust
- Feeling valued and appreciated
- Feeling prioritised
- Feeling loved / cared for
- Poor communication
- Repair after conflict
- Boundaries Issues
- Lack of quality time
- Lack of intimacy
- Jealousy or Flirting
- Social Media/ phone use
- Social Activities
- Feeling Known
- Unresolved Issues
- Respect
- Managing conflict with connection

- Commitment
- Hobbies & Time Apart
- Managing Stress
- Loneliness
- Safety, security, order, and peace
- Working with emotions
- Compromise & influence
- Navigating external influence (context)
- Family & Friendships
- Your support network, community
- Processing Distressing Events - infidelity, betrayals and more
- Rituals of connection
- Unresolved conflicts
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## LOVERS

LOVERS IS ABOUT ROMANCE, EROTICISM, AND SEXUALITY. BUT IT'S MORE THAN THAT, IT'S ALSO ABOUT JOY, PLEASURE, & SENSUALITY.

IT IS THE WAY THAT YOU APPROACH YOUR LIFE.

SOME COMMON CHALLENGES INCLUDE;

- Lack of romance
- Sex (quantity)
- Sex (quality)
- Sexual variety & creativity
- Poor technical skill
- Routinization (for long term couples)
- Attraction to partner
- Inexperience
- Body image
- Self esteem
- Past experiences
- Acceptability of masturbation
- Self Pleasure
- Sexual fantasy
- Sexual experimentation
- Initiation of sex

- Expectations of sexual encounters
- Sex and intimacy
- Creating chemistry
- Libido differences
- Navigating consensual non monogamy
- Lack of sexual interest
- Feeling like room mates
- Lack of pleasure or sensuality
- Lack of passion toward life
- Feeling trapped or stuck in groundhog day
- Feeling burned out
- Lack of motivation
- Finding time & energy
- Giving & receiving feedback





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## CREATORS

THIS PART OF YOUR RELATIONSHIP IS ABOUT TEAMWORK, THE MEANING YOU BRING TO YOUR LIFE, AND YOUR LEGACY AS A COUPLE.

IT'S ABOUT WHAT YOU CREATE OUTSIDE THE RELATIONSHIP.

SOME COMMON CHALLENGES INCLUDE;

- Parenting Styles
- Chores & Domestic Logistics
- Decision Making
- Shared Values
- Future Plans & Dreams
- Support for personal goals
- Navigating external stressors (context)
- Lifestyle choices
- Gridlock on perpetual issues
- Roles in Life
- Health & Wellness
- Relationship Routines
- Incompatible individual goals & dreams
- Conflicting/ Contrasting behavioural styles

- Relationship Symbols
- Sharing Dreams
- Unclear couples goals
- Lack of direction
- Giving & receiving feedback
- Working Away transitions (FIFO)
- Finances
- Religion
- Undefined or Disagreed Roles
- Role of work
- Career Conflict

