

Your Changing Love Style

This exercise will help you understand how love is not stagnant and how the love you have for each other will change during different life passages. It will take 25 to 30 minutes.

Using the triangular model of love (passion, intimacy, and commitment), draw how your love style with your partner has changed over time. You may want to divide your relationship into three phases and then draw the love triangle that best suits each phase.

Each stage of the life cycle is marked by the emergence of a new form of love. It's part of developing as a person. This means that some sides of the triangle will get more attention than others. Using the triangular model of love, draw how your love might look in future passages of marriage.

Discuss with your partner how you feel about the inevitability of love taking on different forms in your future.