

A Blueprint of WE between [Add Name] and [Add Name]

*for our relationship as a couple*

first created: insert date

updated: insert date

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| The time you invest in creating a Blueprint of WE Collaboration Document exponentially increases creativity and resilience in your relationship. Ultimately, this is a living, breathing, changing document, so you will be adding and updating as you and your relationship evolve.  PHOTOS, VIDEOS, MUSIC, ETC: Throughout your Document, please add photos, video links, website links, music links, etc. that speak to the relationship you’re creating. It’s a powerful way to design a three dimensional, living document.  **STEP 1:** INSERT NAMES & COLOR CODE: Use “Find and Replace” to insert names for letter’s A and B throughout the document.  • All of A’s written portions have a Green background.  • All of B’s have a Blue background.  • Joint writing sections have a Purple background.  This makes it easy to find your area to write, and to read through the other person’s as you use the document over time.  **There are 5 Components we will each write about:**  1. The Story of Us  2. Interaction Styles & Warning Signs  3. Expectations  4. Questions for Peace and Possibility  5. Short and Long-term Agreements  **STEP 2: Each of you take 15-30 minutes total to write answers to the questions under each of the 5 Components. Be sure to answer at least 1 question under each Component.**  **Our Document Begins...**  Creating this collaboration document, when we are in a great place with one another, will change the nature of the relationship by building a foundation of knowledge and understanding that engages our creativity and compassion at a far deeper level. In the event that we encounter a rough spot along the way, this information and list of questions, written by us, is a way of ensuring we'll have the necessary conversations knowing we have the best intentions for ourselves, each other and our relationship. This is a living, breathing document that will continually evolve as we grow and change. |
| **1. Story of Us**  **What draws you to this person and this type of relationship.** |
| **A’s Story of Us**   1. Make a quick list of reasons you love being a couple. Why is he/she important to you? 2. What is it like when you’re together?   **[Card Deck: Story of Us** Continually add what you learn below.**]** |
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| **B’s Story of Us**   1. Make a quick list of reasons you love being a couple. Why is he/she important to you? 2. What is it like when you’re together?   **[Card Deck: Story of Us** Continually add what you learn below.**]** |
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| **2. Interaction Styles & Warning Signs**  **Who you are. How you work best.** |
| **A’s Interaction Styles & Warning Signs**  **Interaction Styles:**   1. In your life/work, what do you look like on your best day? How do you show up? 2. How would you describe what you’re like, your personality? (Do you like to be independent? Get energy from being around other people? Prefer mornings or late nights? etc.) |
| **Warning Signs:**  3. Complete these sentences:  • *When things start to feel stressful, I look like this:*  (Describe your reactions. Do you go silent? Get more dramatic? etc.)  *• When things start to feel stressful, I need this:*  (What might you need that you couldn’t possibly ask for in the moment? A short break to clear your head? Someone to ask you “How can I help?” A change of focus? etc.)  **[Card Deck: Interaction Styles & Warning Signs** Continually add what you learn to this section.**]** |
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| **B’s Interaction Styles & Warning Signs**    **Interaction Styles:**   1. In your life/work, what do you look like on your best day? How do you show up? 2. How would you describe what you’re like, your personality? (Do you like to be independent? Get energy from being around other people? Prefer mornings or late nights? etc.) |
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| **3. Expectations**  **What do we want to custom design together? Our agreements.** |
| **A’s Expectations**   1. List the most important qualities/values you want to use as a guide for yourself and your relationship. (Examples: Clarity, Integrity, Passion, Courage, Compassion, Financial stability, etc.) 2. What do you like to do together?   (Examples: Travel, make dinner together, help each other get things done.) What do you want to agree to or have happen in order to continually make it a great experience? (Examples: Share financial responsibilities, take responsibility for ourselves, make sure we talk about what really matters to us.)  **[Card Deck: Expectations:** Continually add what you learn to this section.**]** |
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| **B’s Expectations**   1. List the most important qualities/values you want to use as a guide for yourself and your relationship. (Examples: Clarity, Integrity, Passion, Courage, Compassion, Financial stability, etc.) 2. What do you like to do together?   (Examples: Travel, make dinner together, help each other get things done.) What do you want to agree to or have happen in order to continually make it a great experience? (Examples: Share financial responsibilities, take responsibility for ourselves, make sure we talk about what really matters to us.)  **[Card Deck: Expectations** Continually add what you learn to this section.**]** |
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| **Our Joint Expectations** (What do you both know is important for your relationship? Add to this section as you custom design your relationship together.)  **[Card Deck: Expectations** Continually add what you learn to this section.**]** |
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| **4. Questions for Peace & Possibility**  **Capture your most creative and compassionate selves ahead of time.**  If there was stress or a misunderstanding, what questions or reminders would help you get centered again? If you wanted make an already good relationship stronger, what would you be curious about? (Examples: What do we need to say to each other that we haven’t been saying? Let’s take a walk before we talk. If we were to focus on what is most important, what would it be? *Access your most intelligent, calm self now, while it’s easy, and write it down*.) |
| **Our Shared Set of Questions and Reminders...** |
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| **5. Short & Long-Term Agreements**  **Timeframes for coming back to center, when needed.**   * **Short-Term Agreement:** If you have that knot in your stomach or something feels off, how long are you willing to go before addressing the issue? (*Examples*: 3 hours, 24 hours, 3 days.) * **Long-Term Agreement:** If the *unimaginable* happens, how long are you willing to go before you find peace in yourself and close the circle of pain? (*Examples*: 1, 3 or 5 years.) |
| **A’s Short-term Agreement:** add timeframe here    **A’s Long-term Agreement:** add timeframe here  **[Card Deck: Short and Long-term Agreements** Continually add what you learn to this section.**]** |
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| **B’s Short-term Agreement:** add timeframe here    **B’s Long-term Agreement:** add timeframe here  **[Card Deck: Short and Long-term Agreements** Continually add what you learn to this section.**]** |

 **The Clarifying Conversation**

**STEP 3:** After each of you write your portion of your Blueprint of WE, read what each other wrote. Take notes on any questions you may have, then hold a Clarifying Conversation. Take turns sharing what you have written in each of the 5 Components. (Example: John reads what he wrote in the Story of Us. Next Mary reads what she wrote in the Story of Us. Continue for the rest of the 5 Components.) Ask questions, learn more about one another, and custom design your life together. Keep updating and adding to your Blueprint over time with the Couples Collaboration Cards.

**Design your life together. Keep updating your Blueprint of WE over time**, as the first pass is your Blueprint of WE 1.0. This is a living, breathing document that evolves as you grow and change. **Take out your calendars and schedule time 1 month, 3 months, 6 months, and 1 year from now to meet and talk** about what you want to add to this document. Take what you learn as you use the Couples Collaboration Cards and add it to your document. Use the Questions for Peace & Possibility that you wrote even when there’s nothing stressful, but as a way to always create forward moving upward spiral in the relationship.

**Spend 5 minutes every day for 30 days** reading your new Blueprint in order to create the new neural pathways around what you’re learning and designing together. Enjoy!