

Relationship Due Diligence List

Responsibility Domain I – Nurturance of Attachment

Neglect of this responsibility leads to loss of affection and fosters resentment. This responsibility is enacted by:

- Initiation of ways to share FOCUSED attention on each other merely for the enjoyment of the experience
- Curious pursuit of mind
- Affectionate Touch
- Creative expressions of the others' importance

Responsibility Domain II – Exercise of Hedonic Identity

Neglect of this responsibility leads to a sense of lost identity within the relationship

(e.g. "I don't know who I am any more" "I don't know what I want." "I feel like I'm suffocating or drowning.") This responsibility is enacted by:

- Exploratory behavior for potential enjoyment
- Expressions of desire for both individual and shared experiences
- Negotiation of shared hedonic agenda

Responsibility Domain III – Defense of Self (From Shame)

Neglect of this responsibility leads to

a) loss of attraction and sexual interest and

b) development of a defensive orientation involving a loss of creativity and curiosity within the relationship. This responsibility is enacted by:

- Overt refusals instead of lying
- Refusal to remain in an exchange where boundaries are being violated
- Confrontation of broken agreements
- Tactful confrontation of boundary intrusions (thoughtless disrespectful behaviors)
- Refusal to pay attention to the content of global or historical attacks

Responsibility Domain IV – Protection of Relationship (From Shame)

Neglect of this responsibility leads to resentment and distrust. This responsibility is enacted by:

- Disengagement from conflict when either party is emotionally compromised
- Disciplined restraint from intentional attack
- Guarantee of time and place for processing concerns
- Guarantee of accountability to objective criteria and openness to information
- Guarantee of accountability to principles of equity and keeping agreements
- Tactful pursuit of attachment in the future even when rejecting it in the present