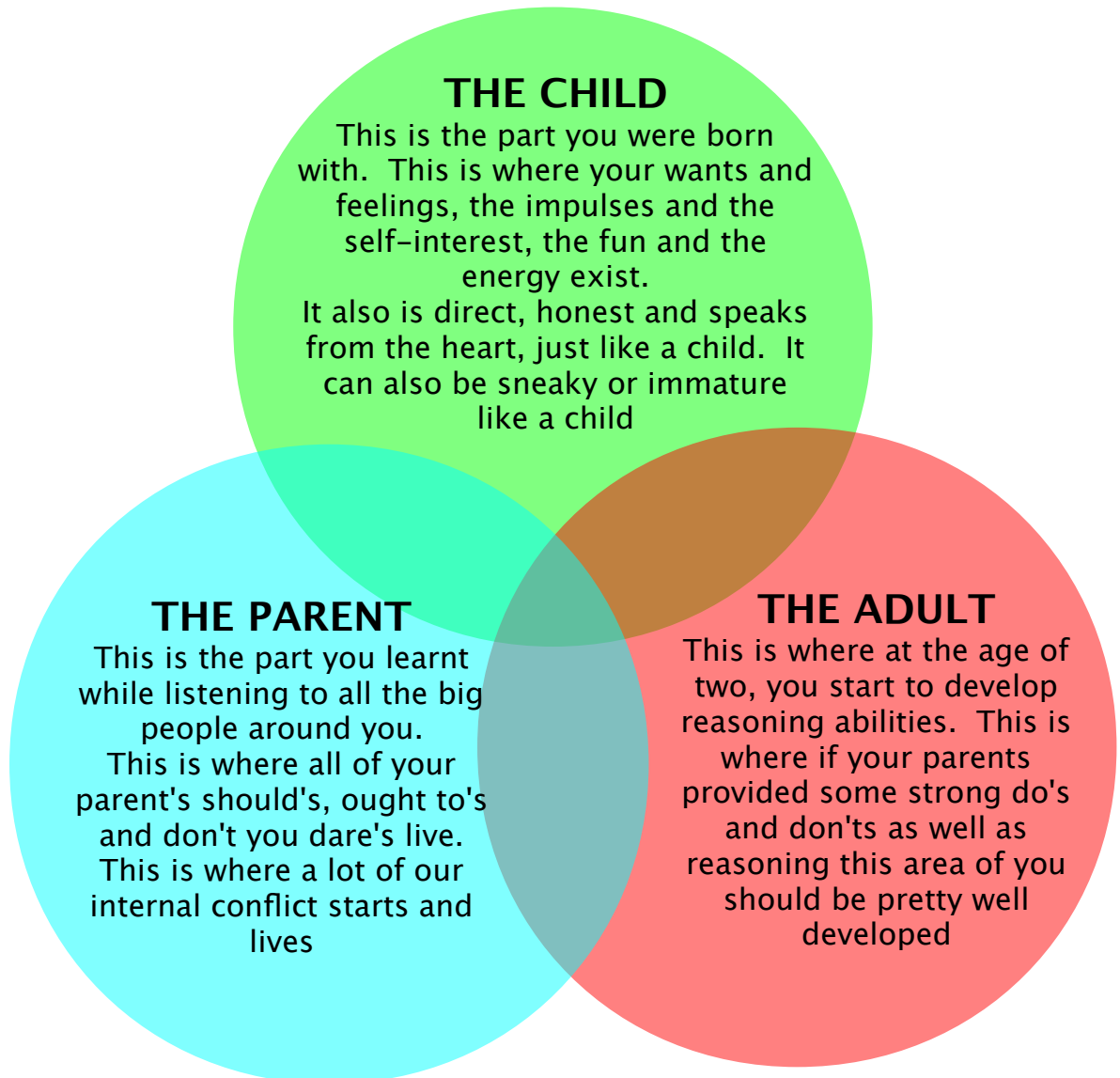


# WORKBOOK FOR YOUR THREE PARTS

# YOUR THREE PARTS



It is important for all three of these parts of you to have regular “voice” so they are heard and valued.

Having a relationship that has a balance between the three parts in the interactions of the two people and a balance within each of the partners themselves with their own parts will lead to a balanced, harmonised relationship that brings the best out of both and gives the best of each to the other.

What follows are examples of the interactions that will take place within a relationship. These roles will naturally ebb and flow within a day, week and month. Balance is when they are all used and preference is not given to one particular relationship over another.

### **CARING: Parent → Child**

This is for the times when we need to be nurtured and cared for. This is usually done at the start of a relationship and after a while is less recognised and taken for granted. It is important for this to be inter-changable so there is balance.

### **CO-VALUING: Parent → Parent**

This is the talking over of values, beliefs, aspirations, child-raising ideals, all the big picture stuff. Keeping this conversation going is a way of staying connected with each other.

### **CO-OPERATING: Adult → Adult**

This is where you do all the day to day stuff. This is best kept clear of emotional charges. This is the mundane stuff and should be viewed from a practical and logical point of view

### **CLOSENESS: Child → Child**

This is the relationship where you just “be” around each other and just have fun. This includes all the fun, recreation, exchanges of affection, and love-making

## The 4 C's Questionnaire

Use the questionnaire to see how balanced your relationships are.

How much are you connecting with your partner through;

### **CARING (Giving to, and nurturing of, each in turn)**

- |                  |                                      |                               |                                 |
|------------------|--------------------------------------|-------------------------------|---------------------------------|
| (You giving)     | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| (You receiving)  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| (Them giving)    | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| (Them receiving) | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |

### **CO-VALUING (Talking about your beliefs, values and aspirations)**

- |      |                                      |                               |                                 |
|------|--------------------------------------|-------------------------------|---------------------------------|
| You  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| Them | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |

### **CO-OPERATING (Discussing and making practical arrangements)**

- |      |                                      |                               |                                 |
|------|--------------------------------------|-------------------------------|---------------------------------|
| You  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| Them | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |

### **CLOSENESS (Playful, emotionally deep, or affectionate contact)**

- |      |                                      |                               |                                 |
|------|--------------------------------------|-------------------------------|---------------------------------|
| You  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| Them | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |

### **SELF-RELIANCE (To what degree you enjoy your own separateness)**

- |      |                                      |                               |                                 |
|------|--------------------------------------|-------------------------------|---------------------------------|
| You  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| Them | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |

(To what degree you can accept your partners separateness)

- |      |                                      |                               |                                 |
|------|--------------------------------------|-------------------------------|---------------------------------|
| You  | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |
| Them | <input type="checkbox"/> Very little | <input type="checkbox"/> Some | <input type="checkbox"/> Plenty |