



What is Your Relationship Metaphor?

Possible Metaphors for Relationship:

- Adventure
- Battle
- Dance
- Garden
- Greenhouse
- Journey
- Labyrinth
- Living Organism
- Machine
- Marathon
- Maze
- Minefield
- Ocean/ Tides
- Phases of the Moon
- Prison
- Puzzle
- Roller Coaster
- Seasons
- Symphony
- Three-Ring Circus
- Work/Job
- _____
- _____
- _____

List Your Relationship Metaphors	How has this metaphor supported your relationship?	How has this metaphor contributed to tension, dissatisfaction, conflict, or fighting?
1 _____	1 _____	1 _____
2 _____	2 _____	2 _____
3 _____	3 _____	3 _____
4 _____	4 _____	4 _____
5 _____	5 _____	5 _____

Which new or different metaphors would you like to use for your relationship?

What difference do you think this would make in your experiences with your partner and relationship?

