3 Healthy Relationship Meetings

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Overview. Healthy relationships require intentionality and effort. We communicate our priorities by how we spend our time, our money, our energy, and our resources. Setting aside time for your relationship indicates that you prioritize your relationship, which helps build trust. The 3 Healthy Relationship Meetings are intended to strengthen your relationship and build stronger attachment between you and your partner(s), as well as offer opportunities to practice communicating your needs, wants, and offers.

1 Nurture

Schedule time to engage in healthy touch with your partner. We suggest at least 30 minutes of healthy touch for this meeting. Be sure to discuss with your partner(s) what you'd enjoy before beginning. Tell your partner(s) what you need, what you want, and what you can offer.

2 Play

Schedule a date. You can go out or stay in — just be sure to set aside time weekly to connect, laugh, and enjoy one another's company. Remember, play builds trust. The more you laugh with your partner, the more intimate trust you are building.

3 Structure

Schedule a weekly "business meeting." Work together to decide how you will organize your week. Who will do the dishes? Who will cook? What bills will you pay? Again, remember to share what you need, what you want, and what you have to offer.

Key Points to Remember

- Meetings should be scheduled for the same day and time each week if possible. This encourages intimate trust and prioritizes your relationship.
- If a meeting is missed, do not wait until the following week. Do your best to reschedule it within the same week — letting a meeting lapse communicates that your relationship is not a priority.
- Clear away the distractions. Put your phones away. Turn off the TV or laptop. Your relationship is the priority, so eliminate distractions when it is time for a meeting.