

Thriving Couples Hierarchy*

Roommates	Hierarchy	Husband and Wife
<ul style="list-style-type: none"> -Sexual affairs, porn and solo masturbation or swinging, etc. -low or no frequency of sex between them -sexuality does not feel meaningful or mutual for both spouses 	<h3>Intimacy and Sexuality</h3>	<ul style="list-style-type: none"> -private couple sexual language -sexuality is dependable, mutual, meaningful -shared monogamous eroticism -no porn in bedroom (distraction from each other)
<ul style="list-style-type: none"> -Aunt Bertha Kisses or NO kisses -Separate beds or separate bedrooms -no cuddling if in same bed; child or dog in bed -Separate chairs in the living room or separate rooms altogether -I Love you; I'm not IN love with you 	<h3>Warmth and Affection</h3>	<ul style="list-style-type: none"> -meaningful kisses -intimate cuddling in bed (1-2 times/day) -sensual without needing to be sexual -sleeping in same bed and same time -teasing and flirting with each other
<ul style="list-style-type: none"> -separate interests -more time with friends or hobbies than spouse -shared excitement with others (not spouse) -no effort at compromise on interests -if couple dates they do so only when kids, friends or relatives are along 	<h3>Fun and Friendship</h3>	<ul style="list-style-type: none"> -each has own interests, but the couple develops mutual couple interests -shared excitement and camaraderie -regular dates alone -regular overnight getaways with just the two of them
<ul style="list-style-type: none"> -keep issues bottled up or fight about them or both -periodic explosions -efforts to solve problems leads to more fights, hurt or shutting down -can't seem to overcome problems to improve the relationship 	<h3>Communication and Problem Solving</h3>	<ul style="list-style-type: none"> -each can say what they need to say -both feel heard -meet regularly to discuss problems and concerns -can work through most problems -relationship improves over time -disagreements don't lead to hurt
<ul style="list-style-type: none"> -lots of unaccountable time and relationships -little shared feelings -accusations of being a bitch or control freak -accusations of secrecy 	<h3>Trust and Accountability</h3>	<ul style="list-style-type: none"> -what each says matches what each does -both voluntarily let the other know what's going on -both want the other in their lives -both work at keeping the relationship exclusive -no affair talk or jokes
<ul style="list-style-type: none"> -living together, not married -separate bank accounts -little discussion of money, hurt around money -veiled and overt threats to divorce or separate -relationship feels unfair 	<h3>Marriage and Commitment</h3>	<ul style="list-style-type: none"> -a specific wedding day and promise -shared bank accounts and regular money talks -no divorce talk, threats or jokes -each secure only death will separate -both sacrificial in spirit