

The Couples Line of Development

Tom Habib, Ph.D.

Stage 4

First Love Capabilities

Increasing willingness to explore shadow

Some ability to look at self
while partner observes

Tendency for exposure/shame

Still looking for affirmation

Acceptance of ruptures in connection

LR interactional patterns transmute regressions

C-C still disruptive (Habib, 2014)

Acceptance of wounds by partner

Open to ownership of projection

2nd Tier capabilities

Balance in boundary dynamics
(connection & separation)

Awareness of LL messages

Some use of intuition/subtle energies

Awareness of one's process & effect on other

Strong ability to self-soothe

Inner child surfaces/some disruption

Stage 5

Spiritual Love Capabilities

Shadow now a signal for new discovery

Transparency: ability to look at self
while partner observes

Quick adjustments to exposure

Unitive Diversity

Disconnection...not ruptures in connection

Seamless integration of regressions

C-C enticing and enhancing

Rare wounding by partner

Dialectic more often than projection

2nd and 3rd Tier capabilities

Boundary dynamics replaced by flow

No propensity for LL pre/trans fallacies

Heavy use of intuition/subtle energies

Synchronization of Process

No need to self-soothe

Inner child enriches moment