

## **Lesson # 12: Moving Towards a Business Relationship**

**Divorced Fathers Network  
Advocates Of Shared Parenting  
'Because Children Love Both Their Parents'**

### **Relationship stages:**

1. Friendship
2. Positive intimacy
3. Negative intimacy
4. Business relationship

### **Characteristics of Positive Intimacy:**

Acceptance  
Positive assumptions  
Positive expectations trust  
Respect  
Loyalty  
Privacy  
Informality  
Confidences are protected  
Implicit agreements and assumptions are positive  
Healthy interdependence  
Supportiveness and understanding  
Disclosure is nurturing  
Good give-and-take security  
Comfort maximum intensity of emotions and feelings

### **Characteristics of Negative Intimacy:**

Rejection  
Negative assumptions. negative expectations  
Distrust, disrespect, disloyalty  
Privacy, informality, confidences are not protected  
Implicit agreements and assumptions are negative  
Unhealthy dependence  
Competitiveness  
Disclosure is destructive  
All take or all give  
Insecurity, discomfort  
Maximum intensity of emotions and feelings

## **One solution for breaking the negative intimacy cycle:**

Retreat from intimacy (positive and negative), and move towards a businesslike relationship. The goal is to achieve a working relationship with the other parent that meets your children's needs.

1. Think of this as a new relationship, one yet to be built, and unlike your past relationship.
2. Characterize it as a business relationship.
3. Recognize and remember that you have choices about how you act and react.

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