The Three Phases of Terminal Relationships

| Entry Phase Commitment/ Exclus | Maintenance/Development Phase Selfishno | Exit Phase |
|---|---|---|
| High Performance Emphasize benefits Minimize deficits High Grace Plan for Future High Vulnerability Giving up self Compare & Contrast past relationships Always, Never, Evers | Roles Defined Conflict Management Style Established Couple Typology Developed Reciprocity (Give/take) Personality Synchronization Vulnerability Stabilizes | Low performance Chaotic Behaviors |

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