

What Is It

The Developmental Model describes relationship growth as a sequence of maturational tasks where partners balance closeness with individuality. Instead of chasing constant agreement, it frames growth as building stronger self-definition, clearer boundaries, and more flexible responses under pressure.

This worksheet helps translate that model into practical reflection so people can notice current stage demands, reduce unhelpful fusion patterns, and choose grounded next steps.



Growth

The Why



Structure

- Reduces false urgency for immediate agreement and supports steadier decisions during high tension relational moments.
- Improves clarity about self-position, boundaries, and responsibility, which lowers repetitive conflict loops over time.
- Supports practical growth by linking current strain to developmental tasks and realistic next actions each week.

The How

1. Name the primary tension you keep repeating and mark where urgency rises fastest.
2. Scan your recent interactions and identify one pattern driven by fusion rather than clear position.
3. State one boundary that protects autonomy while preserving connection and shared responsibility.
4. Close by choosing one small experiment and scheduling a review point within seven days with clear criteria.



Action

Pro Tip

Progress is easier to sustain when you change one repeat pattern at a time and track results weekly.