



What is Relationship Fitness?



Relationship Fitness is an innovative approach that begins with the understanding that individual health and strength is foundational to relationship health and strength. Below is a brief overview of the differences between the Relationship Fitness Coaching Approach and the Medical/Therapeutic Approach.

Relationship Fitness Coaching	Therapy / Medical Model
<p>Focuses on creating the health and strength of the whole person: physical fitness, emotional fitness, mental fitness, and spiritual fitness.</p> <p>Focuses on creating healthy relating that allows the couple to focus on living new possibilities that bring deep meaning and fulfillment to their lives.</p> <p>Focuses on creating health and vitality in all major areas of the couples' life (money, family & friends, religion/spirituality, etc.) and understanding cultural and societal influences that impact the relationship.</p>	<p>Focuses on identifying the symptom and treating it. Emphasis is on fixing or avoiding illness and diseases, being free of pain and discomfort.</p> <p>Focuses on getting the couple from dysfunctional to functional.</p> <p>Focuses mostly on the individual, couple, and their relationship.</p>
<p>Health = the presence of vibrant energy, dynamic relating, deep meaning, and unfolding potential</p>	<p>Health = the absence of pain, illness, disease, and dysfunctional relating</p>
<p>Emphasis is on learning, growing, evolving as an individual and a couple. Achieved through values-based visions, self-awareness, intentional choice, practices, reflection, conversations, focused actions, and designing healthy and supportive environments.</p>	<p>Emphasis is on healing and understanding the past and how it is impacting the present. Achieved through diagnosing, talking, treatments, possible medications, and exploring the unconscious.</p>
<p>Very proactive. Couple is intentionally designing and creating health and effective relating now. Coach is a co-creative partner who guides and supports.</p>	<p>Often reactive or passive; couple seeks therapy/treatment as a reaction to a crisis or major disruption. Therapist or doctor is an expert who advises.</p>
<p>Usually involves lasting lifestyle and habit changes. Optimal health and personal / relationship transformation is the objective.</p>	<p>Usually no lasting lifestyle or habit changes in the typical medical model. Basic health and functional relating is often the objective.</p>
<p>Individual partner and/or couple wants to move forward to enhance the quality of their relationship. <i>Present</i> ↔ <i>Future focused</i>.</p>	<p>Individual partner and/or couple wants to gain greater insight into past experiences to better understand their impact on present. <i>Past</i> → <i>Present focused</i>.</p>
<p>Individuals / couple are highly motivated to make changes to achieve their desired vision. Builds momentum in the direction of vision fulfillment; celebration!</p>	<p>Individuals / couples struggle with motivation due to internal and external stressors that make it difficult to move forward in their lives. Oscillates between action and no action; frustration.</p>
<p>Individuals / couple are open to learning new skills and practices that support the vision they are creating together.</p>	<p>Individuals / couples are in need of emotional healing.</p>

Begin your Relationship Fitness Journey today at www.RelationshipFitnessOnline.com

