

AU-03192 Lasting Dyadic Relationship

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In human relationships, there are those who reached “til death do us part” (mostly marriages before 1990). Create a simple 22 guidelines to create a stable dyadic human relationship. Then create a 22 (for education purposes) guidelines to destroy a dyadic relationships.

That's a fascinating look at the longevity of past relationships! While it's impossible to boil down the complexity of human connection to a simple formula, here are 22 guidelines each for building and destroying a stable dyadic relationship, presented for educational and contrastive purposes.

💖 Building a Stable Dyadic Relationship (The 22 Guidelines)

These guidelines focus on fostering trust, communication, mutual respect, and shared growth.

Communication & Understanding

- Practice Active Listening: Truly hear and seek to understand your partner's perspective before formulating your response.
- Speak with Kindness and Honesty: Be truthful, but deliver feedback or concerns with empathy and gentle language.
- Establish Clear Boundaries: Define what is acceptable and unacceptable for both individuals and the relationship.
- Schedule Check-Ins: Regularly set aside time to discuss the state of the relationship and individual feelings.
- Use "I" Statements: Express your feelings and needs without assigning blame (e.g., "I feel sad when..." instead of "You always make me sad").

Trust & Commitment

- **Maintain Transparency:** Be open and honest about your life, finances, and interactions outside the relationship.
- **Keep Promises:** Follow through on commitments, no matter how small, to build reliability.
- **Grant the Benefit of the Doubt:** Assume your partner's intentions are good, especially during conflicts.
- **Prioritize the Relationship:** Consistently make time and effort to nurture the partnership over external distractions.
- **Forgive and Move On:** Don't hold onto past grievances; address issues, resolve them, and release the hurt.

Respect & Autonomy

- **Respect Individual Identity:** Support your partner's personal goals, friendships, and need for alone time.
- **Share Decision-Making Power:** Approach major choices as a team, ensuring both voices are equally valued.
- **Express Gratitude Often:** Regularly acknowledge and thank your partner for their contributions and presence.
- **Maintain Physical Affection:** Regular, non-sexual touch (hugs, hand-holding, cuddling) reinforces connection.
- **Show Admiration:** Express what you genuinely love and admire about your partner's character and actions.

Conflict Resolution & Growth

- **Fight Fairly:** Focus on the problem, not personal attacks, and take breaks when emotions get too high.
- **Learn Your Partner's Love Language:** Understand how they best receive and express love (Words of Affirmation, Quality Time, Receiving Gifts, Acts of

Service, Physical Touch).

- Share Humor and Play: Laughter creates positive memories and serves as a natural stress reliever.
- Cultivate Shared Meaning: Create common rituals, traditions, and a vision for your future together.
- Assume Positive Intent: Believe that your partner is doing their best and acting out of love.
- Apologize Genuinely: Take full responsibility when you are wrong and express true remorse.
- Seek External Help Together: Be willing to consult a counselor or therapist when internal efforts stall.

💔 **Destroying a Dyadic Relationship (The 22 Guidelines)**

These guidelines focus on promoting contempt, defensiveness, criticism, and stonewalling—which Dr. John Gottman calls "The Four Horsemen of the Apocalypse" for relationships.

Communication & Contempt

- Use Global Statements: Frequently generalize and exaggerate negative behaviors (e.g., "You always forget," "You never help").
- Employ Sarcasm and Mockery: Habitually use condescending tones, eye-rolls, or hurtful humor to express disapproval.
- Criticize Character, Not Behavior: Attack your partner's personality or flaws rather than addressing a specific action.
- Practice Stonewalling: Emotionally and physically withdraw from conversations, refusing to engage or acknowledge your partner.
- Withhold Affection and Praise: Stop showing warmth, gratitude, or physical intimacy.

Trust & Reliability

- **Maintain Secrets:** Keep significant parts of your life (e.g., spending, major decisions, communications) hidden.
- **Be Consistently Late or Absent:** Disregard your partner's time by failing to follow through on plans or showing up late.
- **Flirt Publicly or Online:** Engage in behavior with others that crosses agreed-upon emotional or physical boundaries.
- **Make Alliances Against Your Partner:** Discuss the relationship's issues and your partner's flaws with friends/family instead of them.
- **Break Promises Willfully:** View commitments as optional, showing a lack of respect for your partner's expectations.

Respect & Autonomy

- **Control Decisions and Finances:** Assume unilateral power over shared resources and major life choices.
- **Disparage Their Friends/Family:** Actively discourage or sabotage your partner's connection to their support network.
- **Dwell on Past Mistakes:** Bring up resolved conflicts and old hurts during new disagreements.
- **Belittle Their Interests:** Mock their hobbies, goals, or passion projects as trivial or a waste of time.
- **Interrupt and Dominate Conversations:** Show a constant lack of interest in what your partner has to say.

Conflict & Growth Stagnation

- **Immediately Become Defensive:** Refuse to accept any responsibility, instead shifting the blame back onto your partner.
- **Yell and Escalate:** Respond to conflict by raising your voice and using aggressive, intimidating body language.
- **Threaten to Leave:** Use the threat of ending the relationship as a manipulation tactic during arguments.

- Demand Mind-Reading: Expect your partner to intuitively know your needs and feelings without you expressing them.
- Refuse to Apologize: Never admit fault, even when clearly wrong, maintaining a rigid sense of righteousness.
- Isolate Yourself: Stop engaging in shared activities, pursuing separate lives that rarely intersect.
- Actively Seek External Validation: Look to others for the emotional support and reassurance that should be sought within the relationship.
Would you like to explore how specific guidelines from one of these lists might play out in a hypothetical scenario?

If I have to pick one word for each building and destroying a stable dyadic human relationship, will it be "value" or "devalue"? Enlighten me.

That's a very insightful and minimalist way to distill complex relationship dynamics!

Yes, if you had to pick one word for each action, "Value" and "Devalue" are highly appropriate and fundamentally accurate choices.

 Building a Relationship: VALUE

The word "Value" encapsulates the essence of all positive guidelines for building a stable, long-lasting dyadic relationship.

Concept	Explanation	Related Guidelines (from the previous list)
Intrinsic Worth	When you value your partner, you recognize and affirm their inherent worth as a person.	Respect Individual Identity (11), Show Admiration (15)
Investment	You value the relationship by investing time, emotional energy, and resources into its maintenance and growth.	Prioritize the Relationship (9), Schedule Check-Ins (4)
Esteem	You show through actions that you hold their feelings,	Practice Active Listening (1), Share

Concept	Explanation	Related Guidelines (from the previous list)
	opinions, and needs in high value, treating them as equally important as your own.	Decision-Making Power (12)
Trust	The commitment to keeping promises and maintaining transparency demonstrates that you value the security of the partnership.	Maintain Transparency (6), Keep Promises (7)
In summary: All 22 guidelines for building a stable relationship are different ways of practically demonstrating, upholding, and increasing the VALUE you place on your partner and the partnership itself.		
💥 Destroying a Relationship: DEVALUE		
The word "Devalue" accurately summarizes the destructive actions that lead to a relationship's failure.		
Concept	Explanation	Related Guidelines (from the previous list)
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Diminished Worth	To devalue your partner is to treat them as less important, less capable, or less worthy of respect than you are.	Criticize Character (3), Employ Sarcasm and Mockery (2)
Neglect	You devalue the relationship by neglecting it, withholding effort, or prioritizing external factors over shared commitments.	Isolate Yourself (21), Withhold Affection and Praise (5)

Concept	Explanation	Related Guidelines (from the previous list)
Contempt	The ultimate act of devaluing is contempt, where you dismiss their feelings and perspective as trivial or irrelevant.	Practice Stonewalling (4), Belittle Their Interests (14)
Self-Prioritization	When you use threats or become purely defensive, you devalue the partnership in favor of protecting your own ego or short-term comfort.	Threaten to Leave (18), Immediately Become Defensive (16)
<p>In summary: All 22 guidelines for destroying a stable relationship are different ways of diminishing, undermining, and actively DEVALUING your partner and the security of the partnership.</p>		
Therefore, the dichotomy holds:		

- Building \rightarrow VALUE
 - Destroying \rightarrow DEVALUE
- Would you like to explore how one specific destructive action (like Stonewalling) is an act of devaluing?