



KAI'S JOURNEY MAP

Kai's Journey Map

Kai is aware they have internal roadblocks that are affecting the health of their personal relationships. They need guidance to better understand themselves and make personal shifts to improve how they navigate current & future relationships.

ARGUING

- Kai and their partner have been arguing over the same inconsequential topics for months. The arguments have evolved from speaking about relevant issues, to harping on points that don't and won't drive positive change between the couple.
- Kai believes he speaks fluent man and his partner speaks fluent woman. They have a hard time understanding each other at this point. Discussions are meant to highlight partner imperfections as opposed to engage in positive communication.

THE BREAK UP

- Kai and his partner decide to break-up. As they rarely had productive relationship discussions, they never got to the root of their problems. As a result they break-up on bad terms.
- Back on the dating scene, Kai is having trouble connecting with others. He engages in passive aggressive behavior when triggered by his date. To avoid early conflict, Kai decides against speaking up about problems. Instead he becomes more passive aggressive.

CONFUSION

- Playing the blame game is a big part of Kai's mental model. He has trouble pin pointing his own problems but can easily tell someone else what their problem is.
- He believes, whether he voices his issues or remains silent, things will always end up being the same. He thinks all is lost when it comes to finding romance.

AN AWAKENING

- After realizing that he has exhausted all his ideas on how to better communicate, Kai sets out to find tools that can help him with communication.
- He knows he has an issue, he just doesn't have the tools to address his issues on his own.

THE REFERRAL

- Kai talks with a friend about the issues he's been going through lately. Kai's friend suggests that Kai has the same problems in every relationships and maybe he is the cause.
- Kai's friend recommends Kai seeks help from a life coach and refers him to the When Love Works website.

