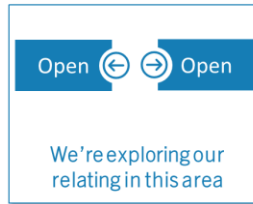


# The Intentional Autonomous Relating (IAR) Cheat Sheet

Suppose you could have whatever relationship you want. Exactly that relationship. Now suppose ALL your relationships could be like that. Imagine that all your relationships are exactly what you and the other person want and need them to be, mutual, joyful, satisfying, and evolving as you evolve as people, individually and together. That's the premise of IAR.

Channels (Needs)
Connection
Affection
Intimacy
Love
Sex
Friendship
Partnership
Family
Spirituality
Mentoring

Intention	Meaning
Closed	I do not want to have any relating in this channel.
Open	I am open to <i>receive</i> relating in this channel, or I am desiring to <i>explore</i> of our relating in this channel.
Seeking	I intend to actively <i>initiate</i> relating in this channel. I am desiring to <i>create the conditions</i> to have relating in this channel (with consent).



- 1 Needs Assessment
- 2 General Intentions
- 3 Specific Intentions
- 4 Conditions
- 5 Compare Notes
- 6 Discover Overlaps
- 7 Explain and Clarify
- 8 Make Agreements