

"FIVE Postures of TWO"

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Workbook 3: Back-to-Back

Here's a structured Couples Workbook based on the Back-To-Back Posture concept. It includes discussion prompts, activities, and reflection sections to help couples explore their relationship dynamics through this framework. Use this after watching the [video](#). To understand the background, you need to have watched the [introduction video](#).

Back-to-Back Posture: A Couples Workbook

Introduction

In the Back-to-Back Posture, two people stand strong together while facing outward—ready to take on the world, knowing their partner is behind them. This workbook will guide you in exploring how trust, independence, and mutual support can strengthen your relationship.

SECTION 1: Trust – Knowing My Partner Has My Back

Reflect:

1. When have I felt most supported by my partner?
2. What helps me feel secure in our relationship?

Discuss:

- What does trust look like in our daily lives?
- Are there areas where we could deepen our trust?

Exercise:



Trust Inventory

Each partner writes down 3 ways they currently show trust in the other and 3 ways they would like to grow in trust. Share and discuss.

SECTION 2: Independence – I Am Still Me

Reflect:

1. What are my personal passions, gifts, or callings outside our relationship?
2. Do I give my partner space to be fully themselves?

Discuss:

- Do we have enough space for individual growth?
- How do we support each other's independence without feeling distant?

Exercise:



Independence Check-In

Each partner lists one thing they'd like to pursue individually this month (a goal, habit, hobby). Share how you can support each other in that pursuit.

SECTION 3: Interdependence – We Grow Stronger Together

Reflect:

1. In what ways do our strengths complement each other?
2. Where do we rely on each other in healthy, life-giving ways?

Discuss:

- What does healthy interdependence look like in our relationship?
- Are we balancing "togetherness" and "individuality" well?

Exercise:



Strength Swap

List each partner's top 3 strengths. Then, discuss how these can be used to better support each other. Where can we defer responsibilities based on our strengths?

SECTION 4: Deference to Difference – Respecting Our Unique Roles

Reflect:

1. Do I truly value the different ways we think, feel, or act?
2. Do I try to change my partner, or do I celebrate our differences?

Discuss:

- How do our differences make us stronger?
- Are there areas where we need to stop competing and start complementing?

Exercise:



Role Realignment

Together, identify 3 household or relational responsibilities. Ask:

- Who is best suited for this based on strengths?
- What can we each let go of to allow the other to thrive?

Closing Reflection

Write a joint statement that completes this sentence:

"When we stand back-to-back, we feel _____."

Stick it somewhere visible as a reminder of your unity, trust, and shared strength.