

PHL|HP CONSULTING GROUP

Building and Sustaining High Performing Companies



A Message from
Dr. Philip Levy
Founder and President

RESILIENT COUPLES HAVE COVENANT RELATIONSHIPS

We were struck by the connection between our belief in the resilience of couples and the recent column by David Brooks (NY Times, "What Regime for Love Are You In?" Tuesday, March 7, 2017) in which he described relationships in three categories:

- Those driven by fate
- Those driven by choice
- Those driven by covenant

Fate-driven are based on passion and the view that there will always be stress, conflict, and suffering.

Choice-driven relationships are based on pragmatism--finding a mate that best serves your need. There is an absence of attachment or intimacy - it is purely transactional.

Covenant-driven relationships are built upon deep commitments to the relationship, binding promises, and the belief that the "we" is most important. People make themselves vulnerable and are willing to change in order for the relationship to grow and reach its maximum potential.

As you can imagine, our bias is Relationships driven by Covenants. There is a recognition that relationships are dynamic, constantly evolving, and that at times the relationship must take precedence over one's individual needs. It requires trust, constant work, and the belief that your partner's happiness and success will make you happier and more successful. There can be no winners and losers, rather only one winner---the relationship. There must be mutual respect, empathy, and constant effective communication (RED). There must be recognition that there will be constant challenges within the relationship that must be addressed. Egos must be replaced with empathy and a deep commitment to the "we". Resilient couples resist the temptation of fleeing the relationship when things get tough, rather when things get tough, they pull together to overcome their challenges and through successful resolutions the relationship grows. Finally, the values underlying the covenant/resilient relationship commit the couple to a larger purpose and the belief that "together, we are better".

Phil