Safe Haven, Secure Base

THE TWO GIFTS OF A BOND

> *Love is a harbor and a launching place.*
> *The same shore does both.*

A secure bond gives two gifts, and couples often do one well while starving the other. The first is safe haven. When the world hurts you, you have somewhere to bring it, a person who takes in your bad day, your fear about the test results, your bruised pride, and carries them with you. Haven is love as shelter.

The second is secure base, the launching pad. People who know they have somewhere safe to come back to get braver everywhere else. They risk the career change, the hard conversation, the creative leap, precisely because failure would not leave them alone. Base is love as a supply of courage. Partners who cheer each other's growth, not only comfort each other's wounds, build a bond that grows people.

Check your balance. Some couples are all haven: tender in a crisis, but threatened by each other's growth, adventures, and separate joys. Some are all base: great cheerleaders who have never seen each other cry. The strongest bonds do both. A shore you can crash on, and a shore you can sail from, knowing the light stays on.

TEND BOTH SHORES

1. Each of you answer: “I use you mostly as my ___ (haven or base). I starve the ___.”
2. Haven practice: bring one worry this week that you would normally handle alone.
3. Base practice: name one dream or risk you've been circling, and ask for a send-off, not a caution.
4. Partner: for worries, shelter first. For dreams, wind in the sails first. Match the need.
5. Notice how being someone's harbor and someone's launch feel different, and how both are love.

WHEN IT’S HARD

If your partner's growth stirs a quiet threat in you (new friends, new confidence, a world you're not part of), say the soft version out loud: “I'm excited for you, and a small part of me is afraid of being left behind.” Said, that fear brings you closer. Unsaid, it turns into sabotage with a smile.

TO SIT WITH

When life last knocked you down, did you bring it home or handle it alone? Why?

What dream have you kept quiet because you weren't sure the harbor would cheer for it?

OUR INTENTION THIS WEEK

Something small you can both actually do this week.

WITH YOU ON THE JOURNEY,

Dr. Mark Gregory Karris