

## **SPACE: THE SEPARATION THAT KEEPS US TOGETHER**

Space is an issue in all long-term [#relationships](#). Even more so when one or both partners is considering transitioning to life after work when the regular separation in the working week has gone.

In this context I see three types of relationships all of which, if already working well, can continue to do so:

- A dependent relationship – they do most things together
- An independent relationship – they do most things independently of each other
- An inter-dependent relationship – they have a considered mix of separate and shared interests

Life after leaving [#work](#) is a time in which we all want be our true selves and to do the things we love. Understanding the other partner's space needs will take you a long way towards continuing that happy mix of separateness and togetherness.

It's a discussion unique to each couple. Ideally it ought to start now, not left until either partner stops working. With more listening and less talking. Empathetic, heart-centred listening, listening to hear, understand and learn (anew) about each other's individual needs.

(I didn't say it would be easy!)