

What if my partner doesn't want to do Seven Circles anymore?

Seven Circles is intense, and sometimes folks need a break from it. Here are some tips to help you support your partner if they seem disengaged:

Be respectful. This program touches on topics that could bring up issues that someone hasn't thought about in a long time: unresolved family history, self-doubt, trauma, etc. so enter a conversation with your partner about why they may not be as engaged with the program with care, curiosity, and kindness.

Take a break. Of course, your partner could also just be very stressed at work, for example, and it's affecting their ability to focus with you. If you need to take a break from the content for any reason, you can do so! This program is meant to be a positive support for you, not an added burden.

Our resources page is available to provide you with some guidance on where and how to turn to additional resources if you and/or your partner are struggling through the more difficult topics that may come up while you participate in Seven Circles.

*Keep in mind: even if your partner is exploring topics that are more sensitive for them, it should not affect the way in which they respect you. If conversations with your partner concern you (scares you, makes you feel uncomfortable, unsafe, or demeaned), we encourage you to explore that. Call SHALVA at 773-583-HOPE(4673).

