

# THE R.A.M. MODEL

The R.A.M. Model (Relationship Attachment Model) was produced by Dr. John Van Epp in his research regarding relationships progression. It's a simple way to look at how relationships should grow to become healthy relationships.

It consists of five dynamics that can be pictured as a progression from left to right.

- The first column is "**Know**" - bonding with someone and getting to know them.
- The next column is "**Trust**" - as you get to know someone, you put together your pieces of knowledge to make a dynamic picture of that person, and the more you know, the better you can begin to trust. The "**knowing**" comes first, and from that, trust develops.
- The third bonding dynamic is entitled "**Rely**" - this refers to the action that follows from trust. Reliance grows from the ways you meet another person's needs as well as how they meet your needs.
- The fourth column is "**Commit**" - the definition of ownership or belonging in a relationship. The extent to which you feel like you belong to someone, and that they belong to you, is a measure of the degree of commitment in your relationship.
- And the last dynamic is "**Sexual Touch**" - a strong contributor to the feelings of intimacy and closeness in any romantic relationship.

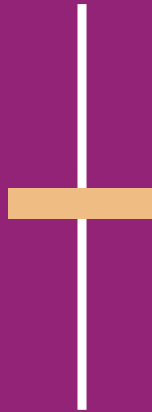
# R.A.M.

RELATIONSHIP ATTACHMENT MODEL

KNOW



TRUST



RELY



COMMIT



TOUCH

