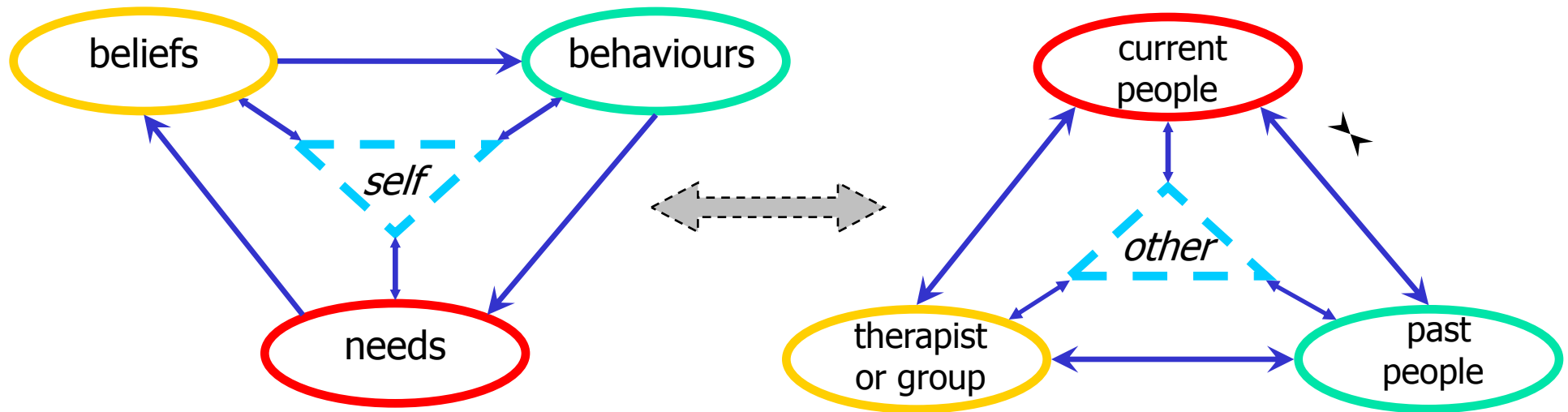


# relationships

*as we remember & understand better our childhood & adolescence, typically we come to realize that our behaviours 'made sense' in that early environment; unfortunately these behaviours usually become habits that continue into adulthood – both into our current relationships and into our interactions with therapists and therapy groups*



*the respected figures exercise, communication scales, and other sources of 'inspiration' highlight better ways to relate; behavioural experiments in our current relationships challenge & help us review our outdated beliefs; disclosure, feedback & trying out healthier behaviours in therapeutic relationships – individual & group - provide further opportunities for learning*