

## PRESENT

- Normal situation (partner, kids, work etc)
- Breakdown Life Areas
- Issues you came to sort out (presenting issue)
  - Anxiety
  - Stress
  - Depression
  - Conditions
  - Anger
    - **History of issue/s**
      - What was it that went wrong?
      - WHEN, WHY, HOW. What was good/bad? Why?
- **Intimate relationship quality exploration**
  - Remove emotional abuse
  - Remove control dramas
  - Separate psyches
  - Attachment Styles
  - Transference
  - **Boundaries & Intimacy** (Operational, Emotional, Physical, Sexual)

## Ideal Partners

- Appearances, Backgrounds, Intelligence, Attitudes, values, beliefs, hopes, wants, ambitions
- Choosing suitable partners
- Negative parts to the person.
- Recognise personal patterns from past
- How much does partner meet needs & theirs

## Relationship Breakdowns

- Communication, Conversation type
- Transactions TA PAC
- Balances, needs, events, tasks, house, jobs, General Intimacy, Sexual personality
- **Process & re-frame ex partner**
- **Re frame previous ex partners**
- **Family & close friends**
  - Remove control dramas and guilt trips
- **History proper Timeline/ Life Events**
  - What was it that went wrong?
  - WHEN, WHY, HOW. What was good/bad? Why?
  - Endings, Loss, grief and Change

## The past and its effects on choices & behaviours

- Parents relationship
- Past relationships
- Other relationships
- Future relationships

## History of development of parts of self

- Losses, changes
- Traumas and changes
- Abuse
- Survivals
- Childhood development

## CORRECT COMMUNICATION

- Integrate Parent, Adult & Child
- Assertiveness /Self assurance /Validation

## CORRECT PSYCHOLOGICAL

- Identify & change Thinking Errors
- Correct Irrational Thinking
- Remove Ego Defences

## Interventions- COMPLEX's & NEUROSIS

- Denial, Compliance & Control patterns
- Automatic Defence behaviours
- Self soothing ability & Rationality

## LEARN COMPASSION & Empathy for others

### Personal Skill & Responsibility to meet own:

- Emotional needs
- Practical needs
- Physical needs
- Environmental needs
- Given needs
- Rights within a relationship
- Behaviours (self defeating)?

## ACCEPT & DEVELOP SUPRESSED PARTS OF SELF

- Vulnerabilities
- Anxieties & Fears
- Neurotic Parts
- Personality Integration

## Inner drives

- What makes me me
- Who am I?

## Spiritual Needs

- Future goals aspirations
- Jungian exercises
- Inner voice
- Self worth (career, work, relationships, kids, the plant)
- Reason for existence
- Fun & Recreation
- Social life (friends, family, acceptance & belonging)

## Behaviour

- Family / relationship commitment
- Admiration
- Domestic support
- Attractiveness
- Honesty & Open ness
- Faults and positives
- Recreational company
- Sexual Fulfillment

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