



## Clarifying My Relationships

*Observe various types of relationships and learn how to live them well*

### **YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:**

- Clarify your emotional experience and the various types of relationships you now have.
- Perceive better the emotional traps specific to each type of relationship.
- Identify your difficulties in living fulfilling relationships.
- Make changes to your relationships with individuals for whom you experience affection.

### **WORKSHOP OUTLINE**

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- *Part 1 – Interpersonal relationships in which emotional attachment is involved*
  - Various types of relationships
  - Difficulties specific to each type of relationship
  - Characteristics of each type of relationship, and its difference with other types of relationships
- *Part 2 – My emotional history and its impact on my relational life*
  - The origin of relational difficulties
  - Reading your own emotional history
  - Emotional attachment and sexuality
- *Part 3 – How to overcome the main relational difficulties*
  - Imaginary functioning
  - The movement of possessiveness
  - The movement of domination
  - The phenomenon of appropriation
- *Action plan and final review*

### **WORKSHOP PROCESS**

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This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

### **CONDITIONS FOR PARTICIPATION**

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This workshop is open to all adults. You are required to have taken the *Who Am I?* workshop or the modules *Discovering the Core of My Identity* and *Growing in Personal Solidity*. This workshop is open to all adults. It is not recommended for deeply disturbed individuals, or for individuals in therapy, except with approval from their therapist.