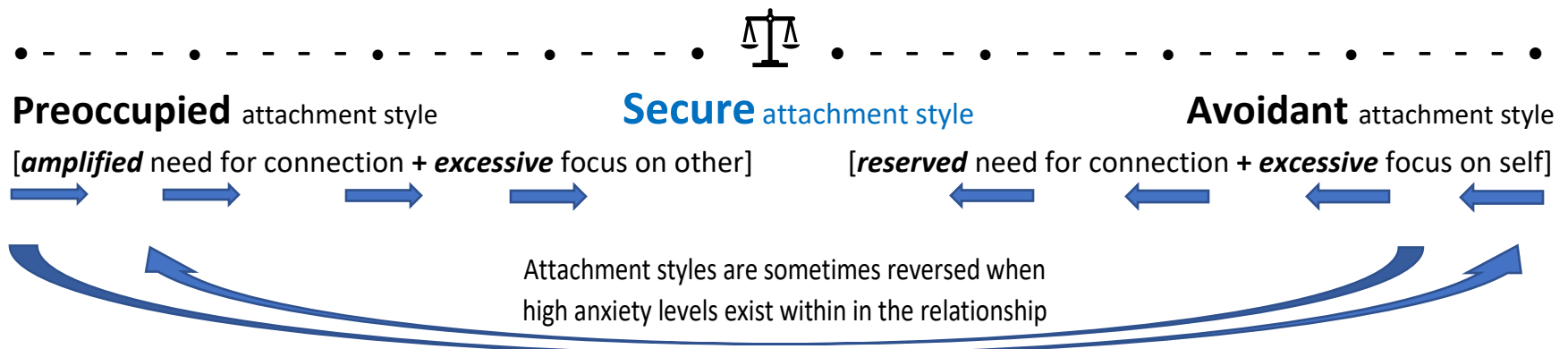


Dynamic Relational Attachment Cycle



Core relational skills (for a healthy – smoother – relationship)

- I. Relational Autonomy (Intellectual skills – positive self-talk)**
- 1) Internal Locus of Control (I am my own person and can make decisions fully for my Self)
- 2) Healthy Existential Positioning (OK = OK)
- 3) ADULT Ego State (mostly ADULT ego state versus PARENT or CHILD ego states)
- 4) Relational Object Constancy (i.e. *permanent* vs absent or intermittent)
- II. Emotional Autonomy (Emotional Skills – self-care)**
- 5) Regulation of Affect (having the ability to express emotions in an effective and productive way)
- 6) Soothing (having the capacity to self-soothe and soothe other)
- 7) Grieving (i.e. letting go) / Acceptance (that the other is DIFFERENT *and* OK)
- III. Relational Intimacy (Inter-Dependency Skills – connection to other)**
- 8) Empathy (putting Self in the other’s shoes – and showing care and affection)
- 9) Identification *and* Expression of own needs/dissatisfactions (i.e. having *both* skills)
- 10) Collaboration (teamwork skills with both my Self and the other)
- IV. Commitment (Bonding / Cementing Skills – securing the bond)**
- 11) Relenting / Reconciliation (when we “fail” our partner... or when our partner believes we “failed” them)
- 12) Trust / Optimism / Hope (“We’ll overcome our difficulties, feel better and be OK”)
- 13) Re-Engagement (“It’s tough, but we’ll manage” = stay and work through the challenge)