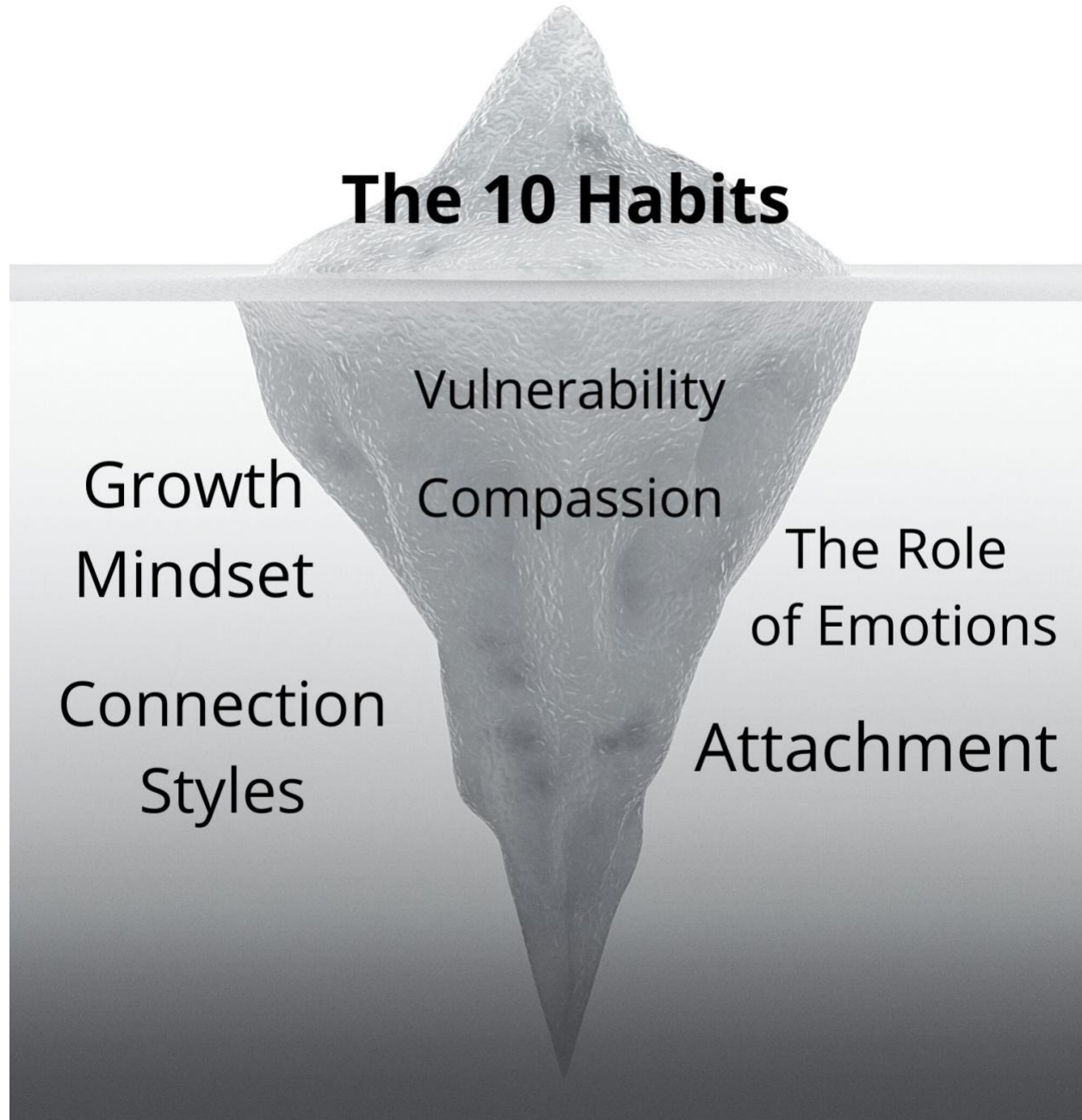
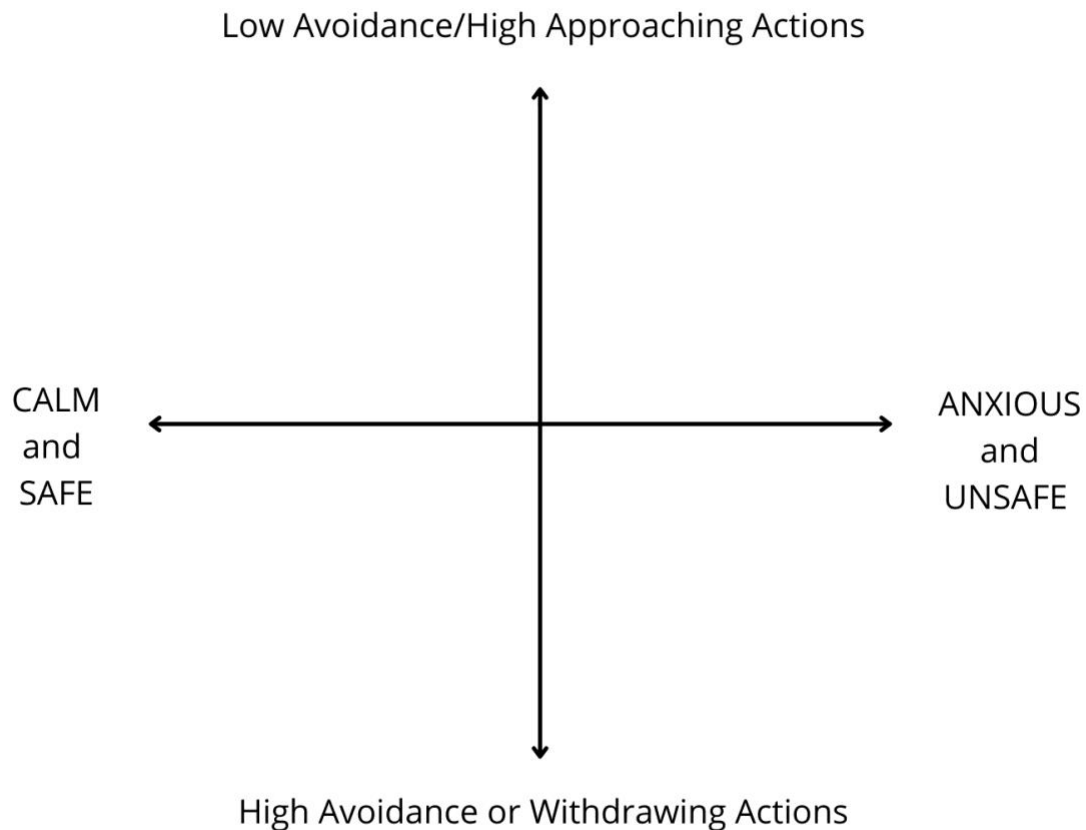


The Relationship Iceberg

The 10 Habits



Attachment Dimensions



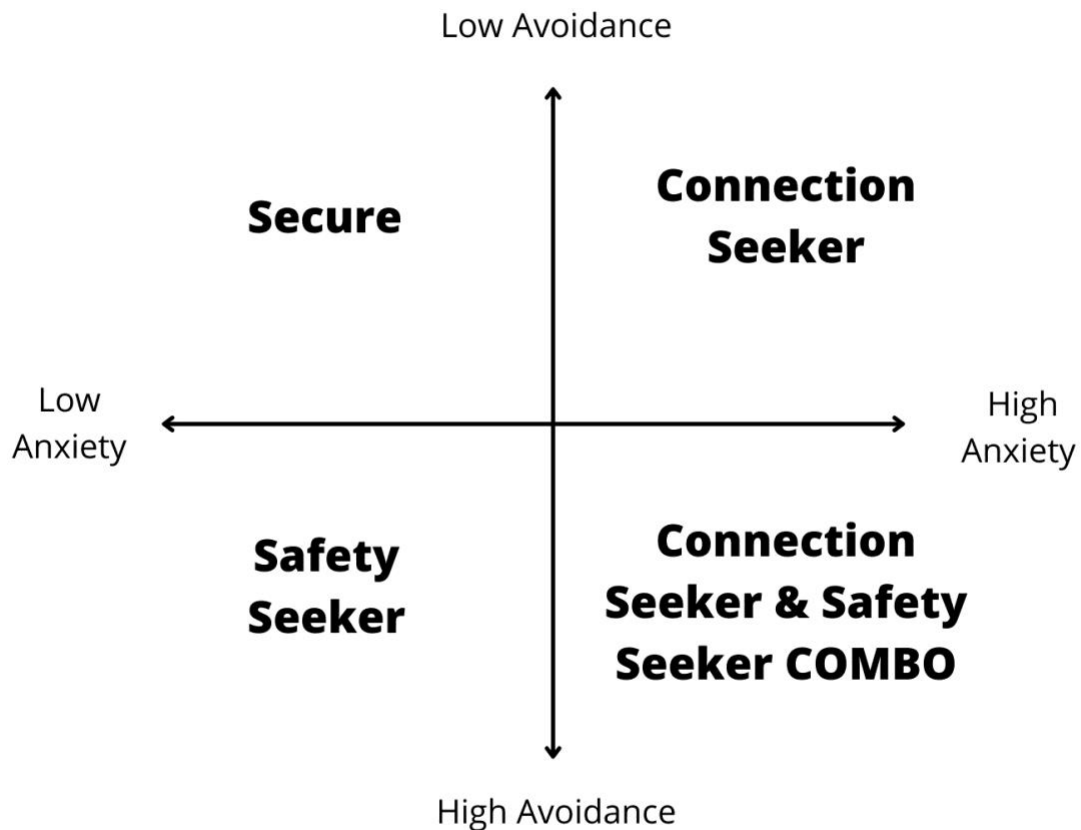
Adapted from Brennan, Clark and Shavers 'Two Attachment Dimension Scale'

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Attachment Styles



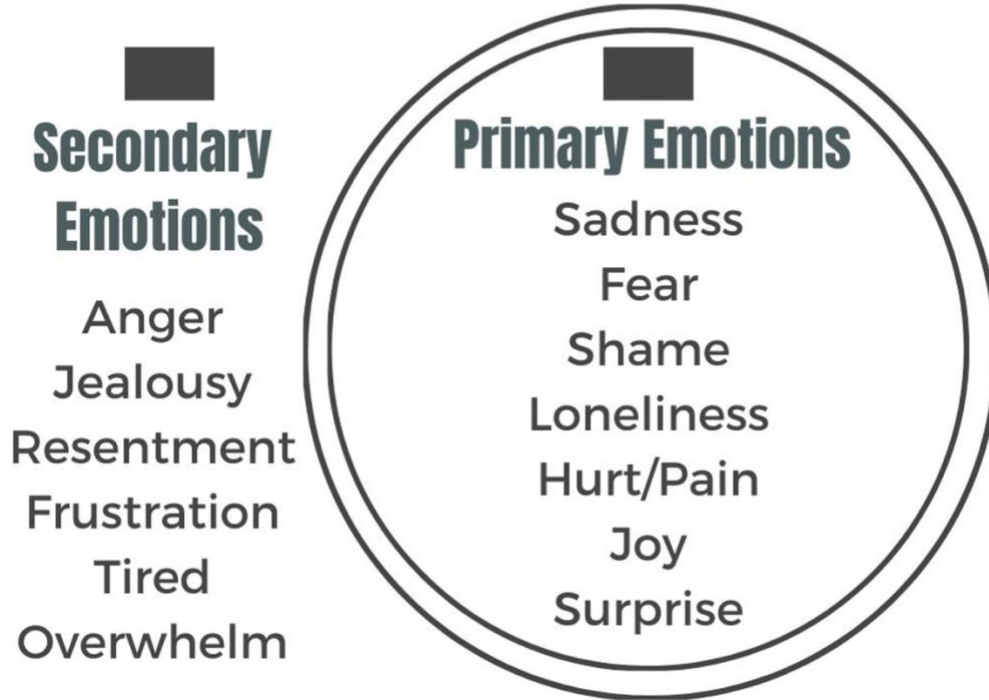
Adapted from Brennan, Clark and Shavers 'Two Attachment Dimension Scale'

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Understanding Your Emotions





Relationship Habits get easier with consistent practice!

Before you start

While practicing

When it becomes a habit

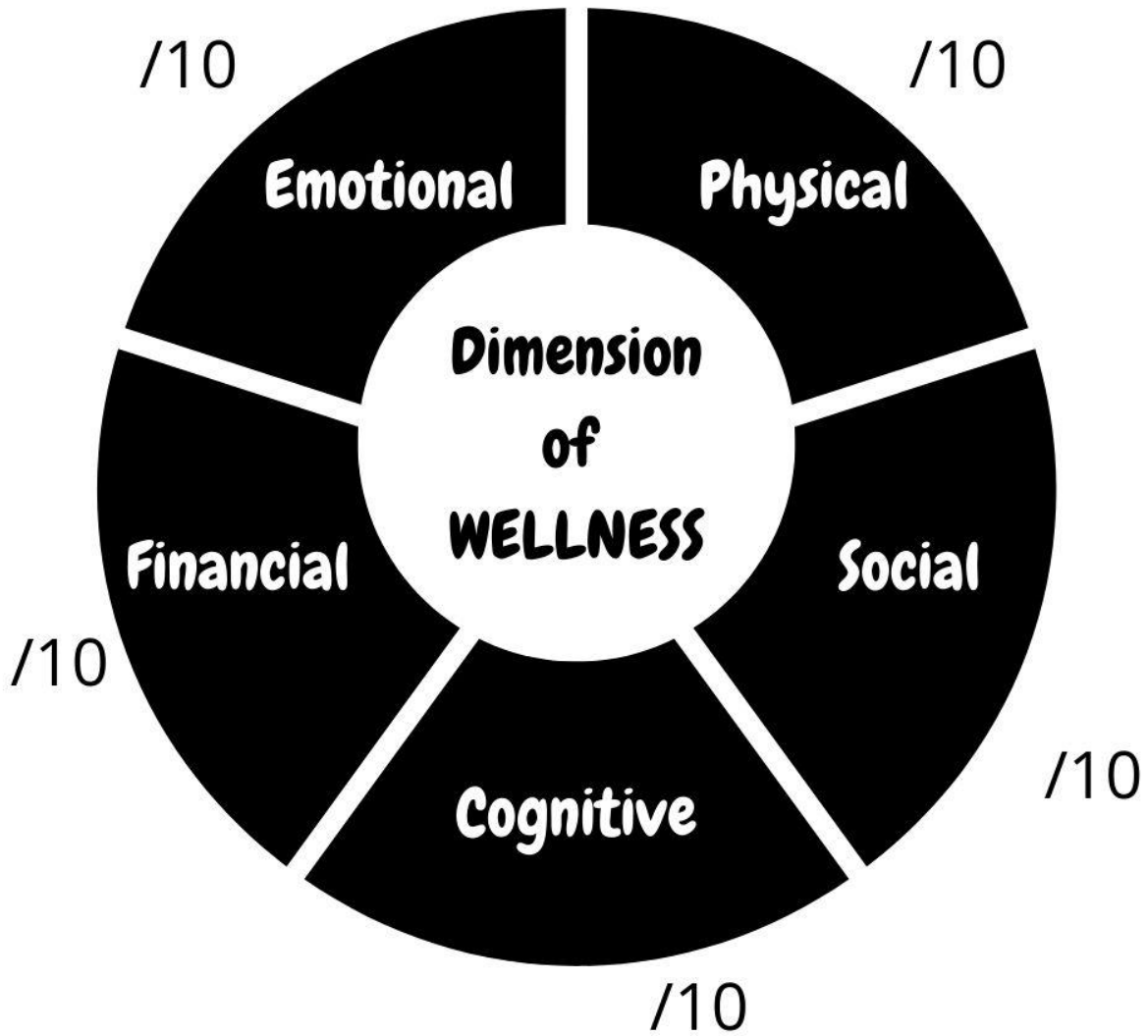


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BETTER YOURSELF WELLNESS WHEEL



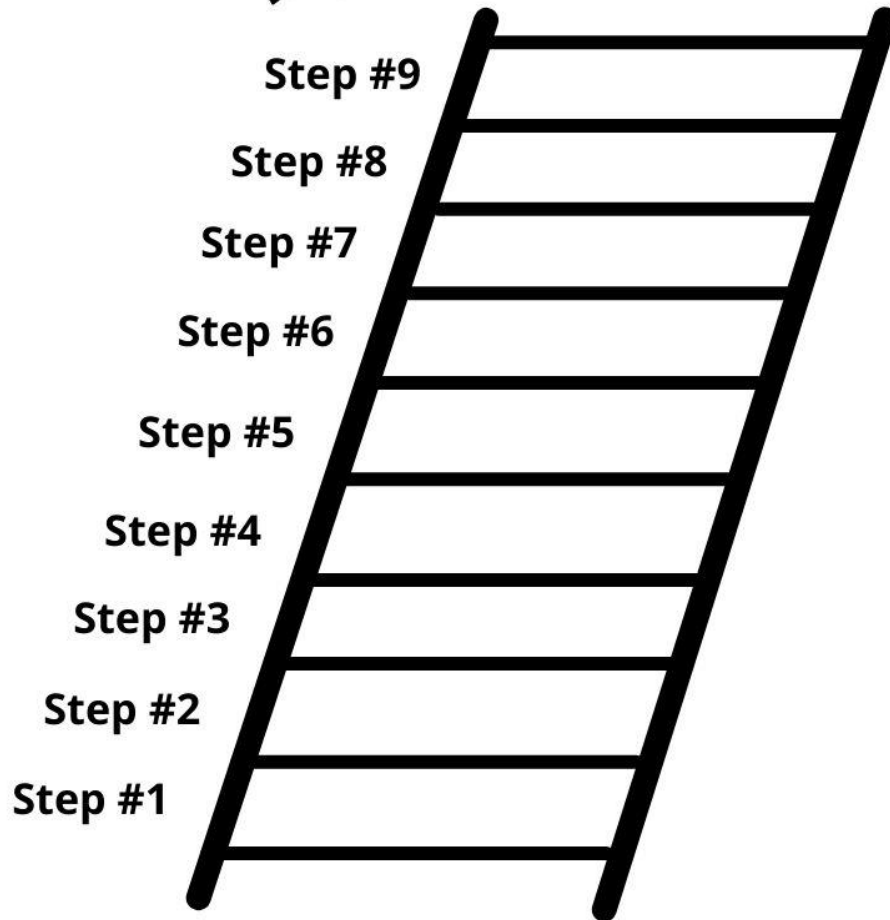
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My Goal Ladder

My Goal:



My Weekly Self Care Chart

My Priorities	M	T	W	Th	F	Sa	Su

ZAPPING BRICKS



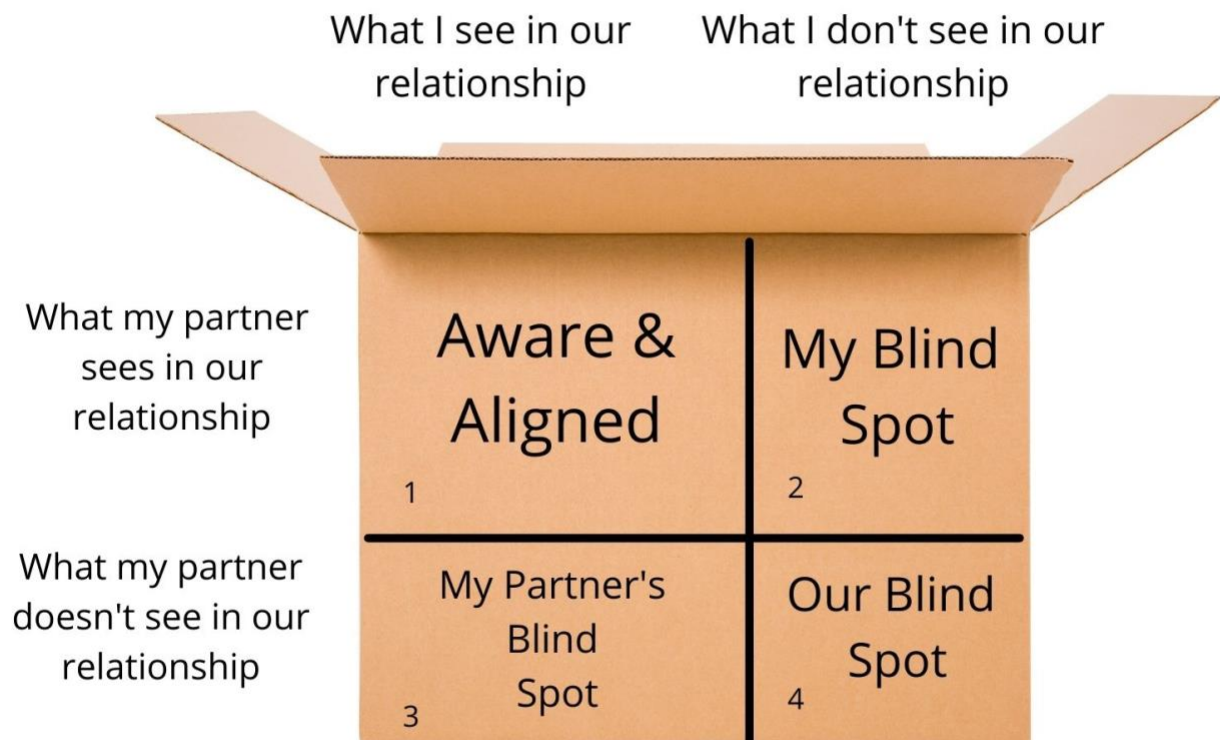
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The 'Blind Spot' Box

Increasing Awareness



Adapted from the 'Johari Window' - Hase, Davies and Dick, 1999