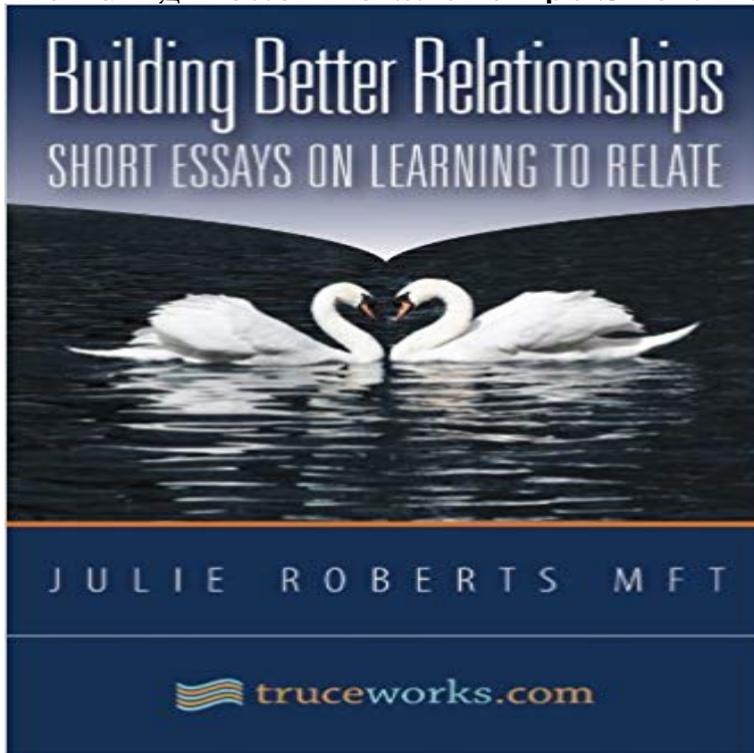


Building Better Relationships Short Essays on Learning to Relate



Relating to other people provides the basic foundation for our lives. Our instincts propel us into connection with others, and our egos and personalities emerge through the responses we receive and give as we experience ourselves in relationship. Relating is so embedded in our social experience that we do not think about it, we just do it. Relating is learned in early formative experiences and we carry those early templates within us into our adult relational lives. Unfortunately we do not learn about what or how we are doing it, basically, we have to wing it. Bringing more awareness to the tremendous psychological impact of both our relationships and their disruptions is the topic of these short essays. Focus is brought upon the significance of knowing how to repair disruptions and the skills to do so. The book is part of a larger endeavor to bring more awareness to how we learn to relate, how our learned relational styles impact our relationships, and how more understanding about how to relate helps build stronger relationships. By being more informed we can learn to communicate more relationally and use these skills to understand and repair disruptions when they occur. It is hypothesized that conflict grows out of lack of awareness of our relational needs. We include detailed information on what relational needs are and how learning to communicate with this awareness brings more mutuality and emotional connection to our relationships. As a therapist, I was struck by how difficult it was for either person in a relationship to turn their attention to the other person's experience. In the presence of the other, most people were so involved with asserting their own experience and trying to get it validated, that there seemed to be no room or interest in what was happening to the other person. This is not relating. Developing a process whereby each person could express and get feedback

for their own experience and then do the same for the other person, seemed to help couples get back into connection with each other. The CLEAR relational process, described in these essays was developed to do this. The process mimics some of the basic communication styles of a parent and child; fundamentally, how each person needs their experience related to and mirrored back and how two members of any dyad need to learn to negotiate with each other to stay connected in a relationship. The collection of essays is organized so that it serves as a mini-course on relationships and their psychological impact. It outlines fundamental developmental concepts, so that the reader can gain insight into their own relational lives and learn some skills to better them. The book is divided into eight sections. The first six sections are on relating, conflict and conflict resolution. The last two sections explain the CLEAR relational process and how to use it on the web.

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I often make copies of writing or related information that may be of interest to **Building Better Relationships: Short Essays on Learning to Relate** Relating to other people provides the basic foundation for our lives. Our instincts propel us into connection with others, and our personalities emerge through the **Social Relationships and Health: A Flashpoint for Health Policy** Building Better Relationships Short Essays on Learning to Relate (English Edition) eBook: MFT Julie Roberts: : Tienda Kindle. **Building Better Relationships : Short Essays on Learning to Relate** Building Better Relationships: Short Essays on Learning to Relate [Julie Roberts MFT] on . *FREE* shipping on qualifying offers. Relating to other **Essentials of Psychology - Google Books Result** (See the essay above.) How do the four elements relate to the three forces? In short, it is how we become whole. Becoming with the heart involves developing personal ethics, creating boundaries, and learning to have fun. 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