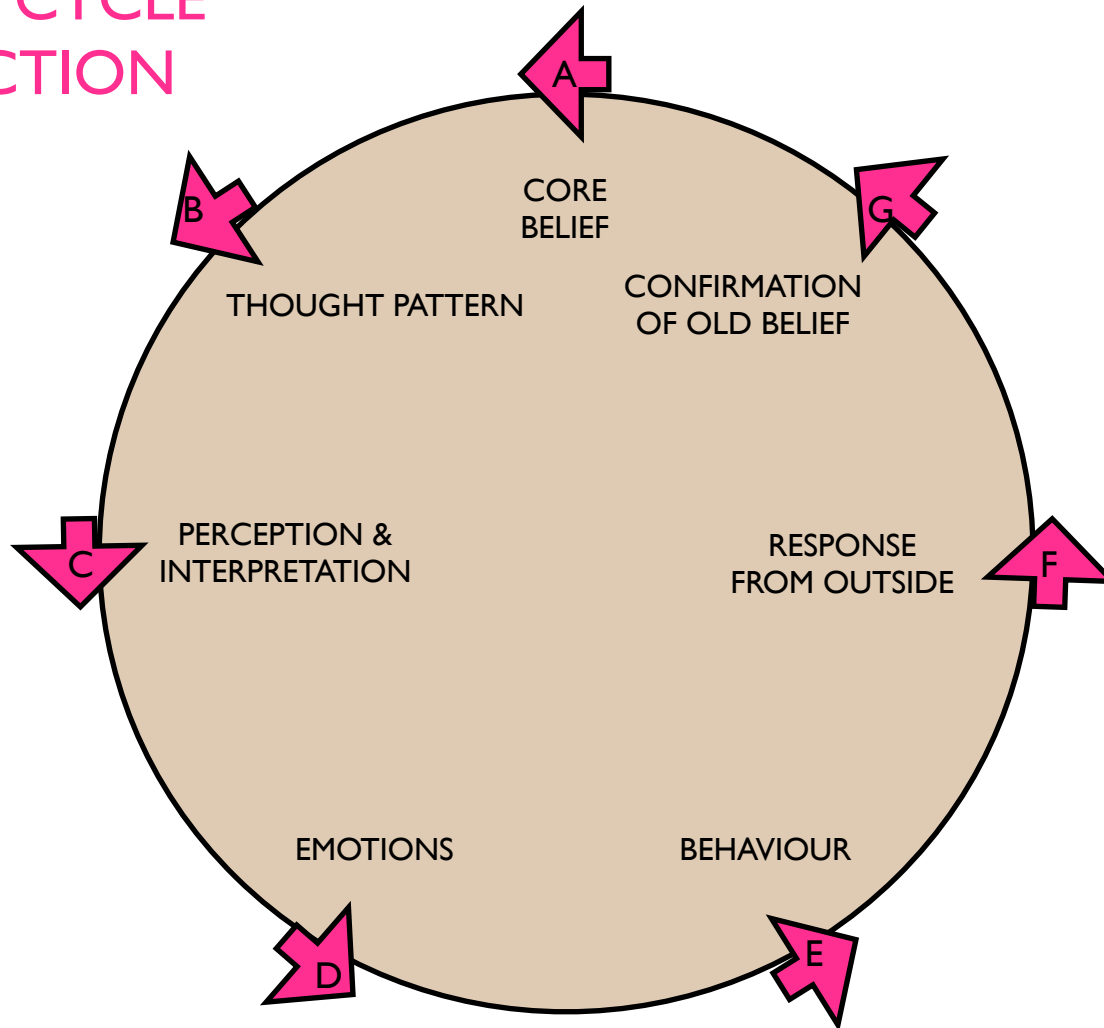


HOW TO BREAK A VICIOUS CYCLE OF INTERACTION

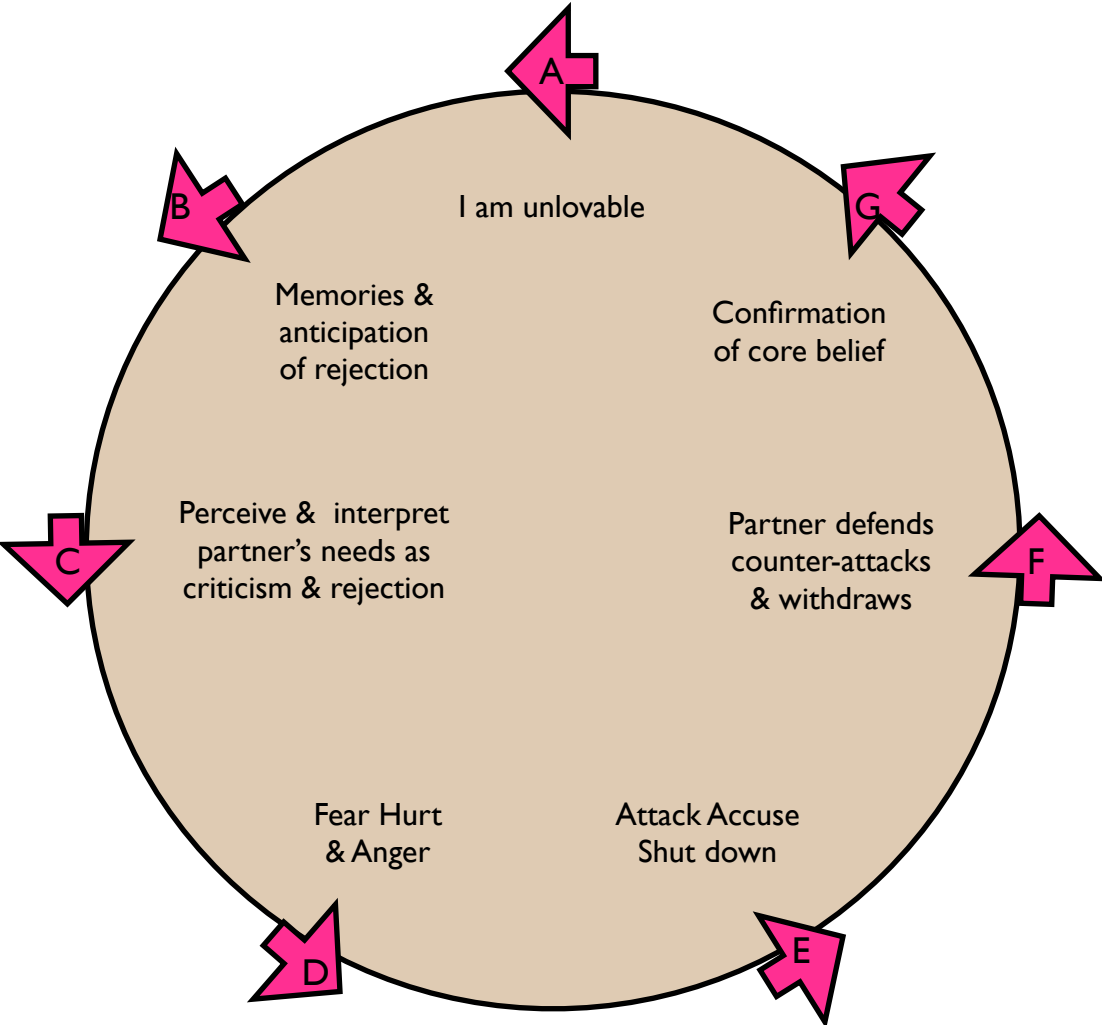


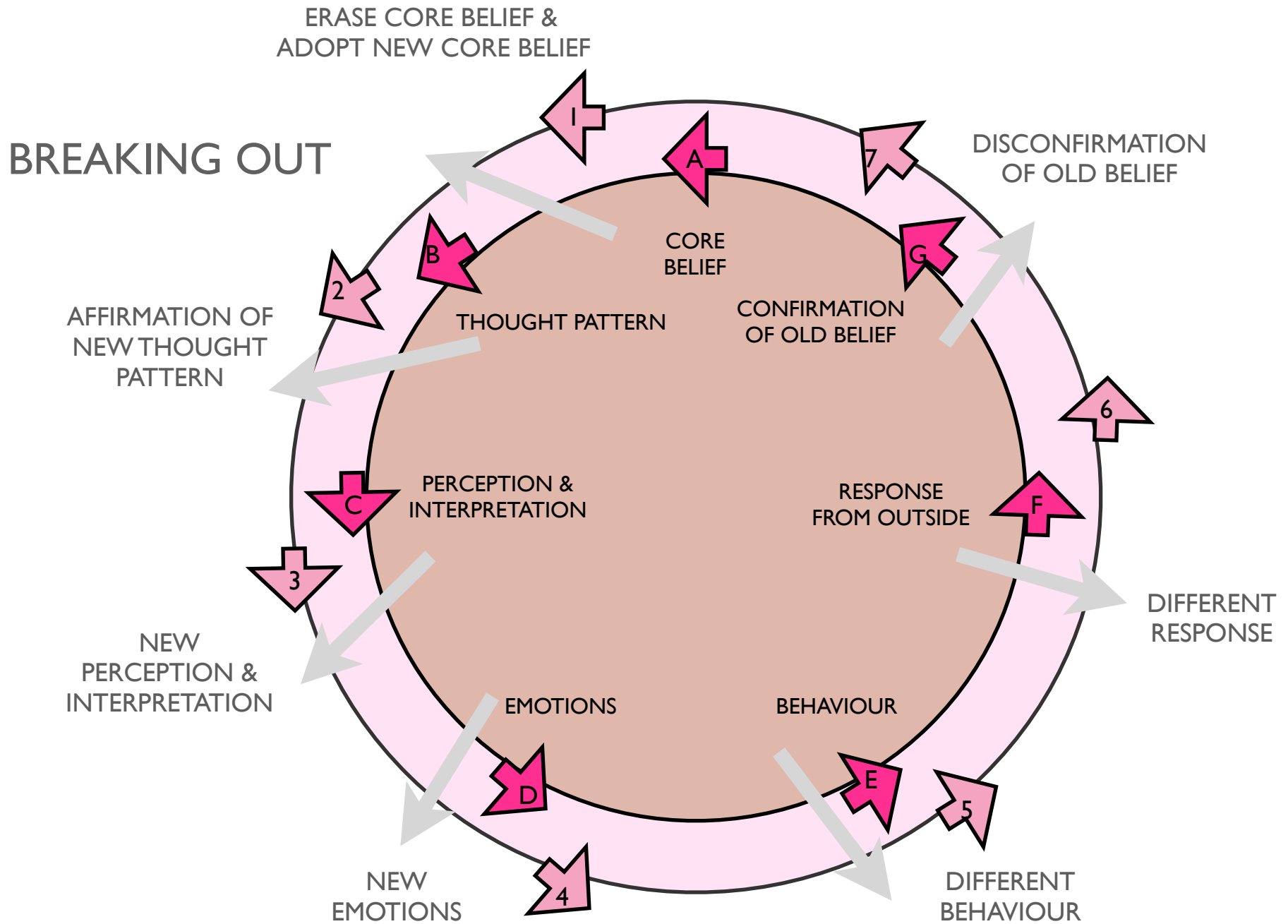
DR SUSAN KRIEGLER

THE VICIOUS CYCLE OF INTERACTION

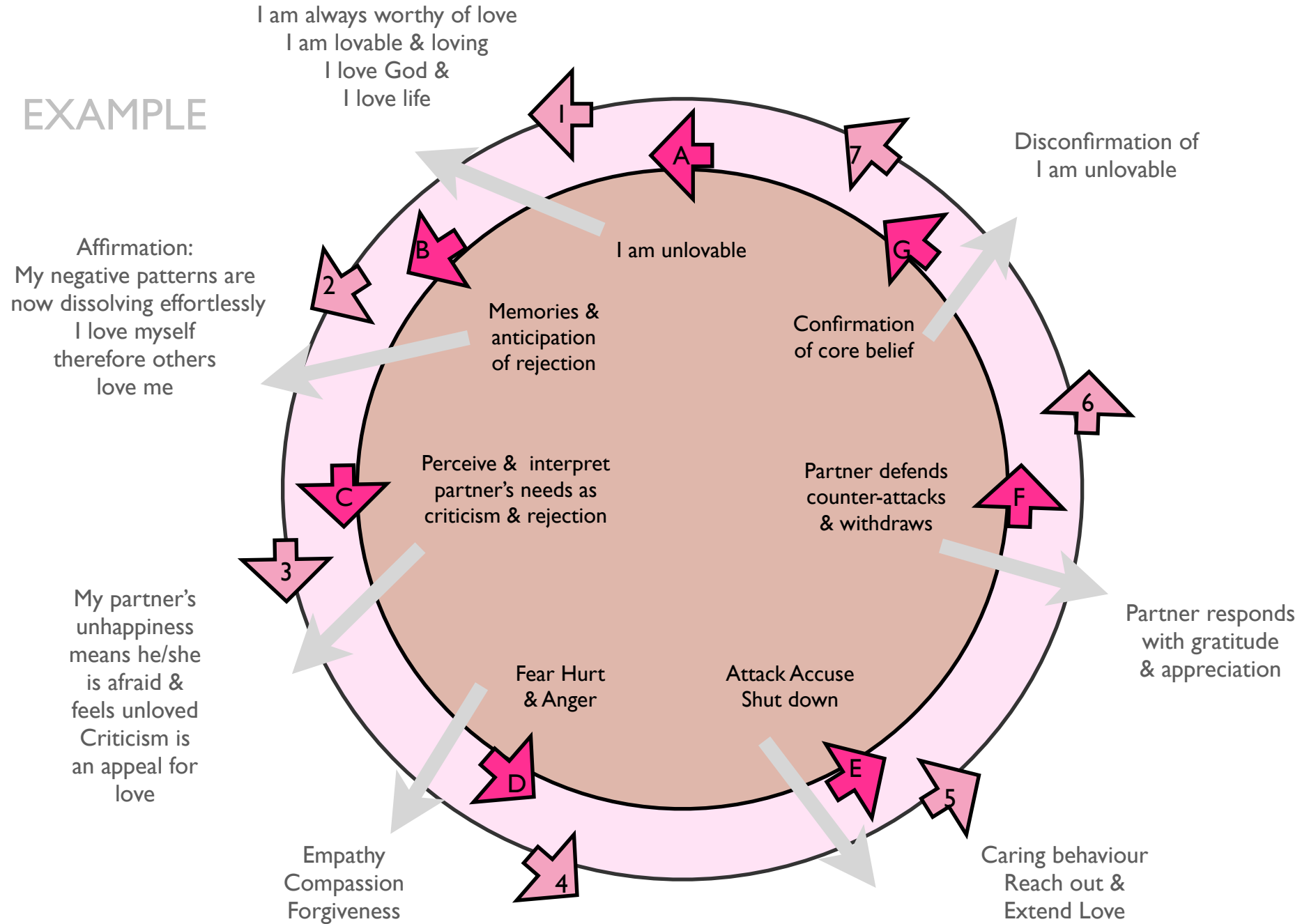


EXAMPLE





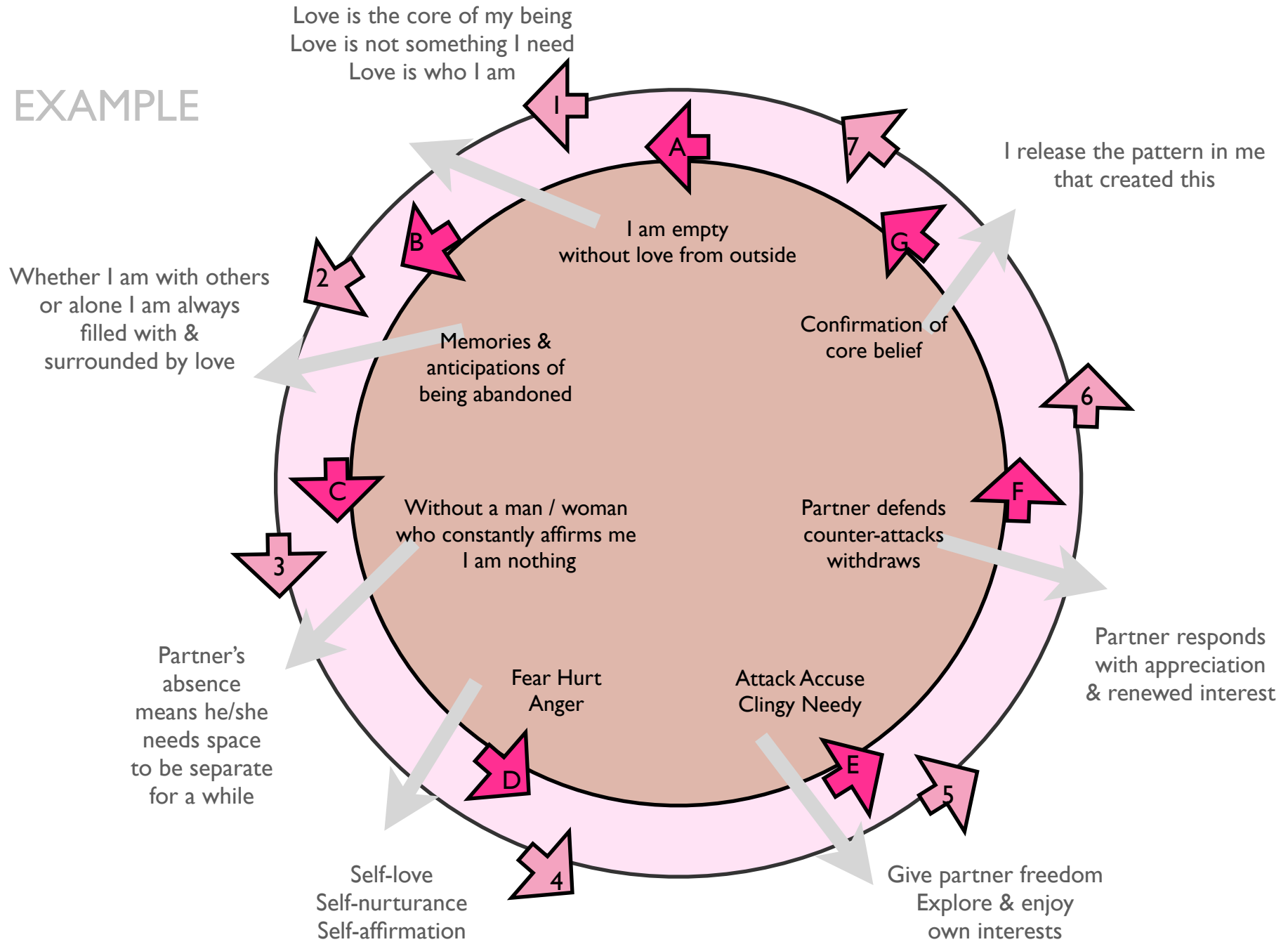
EXAMPLE



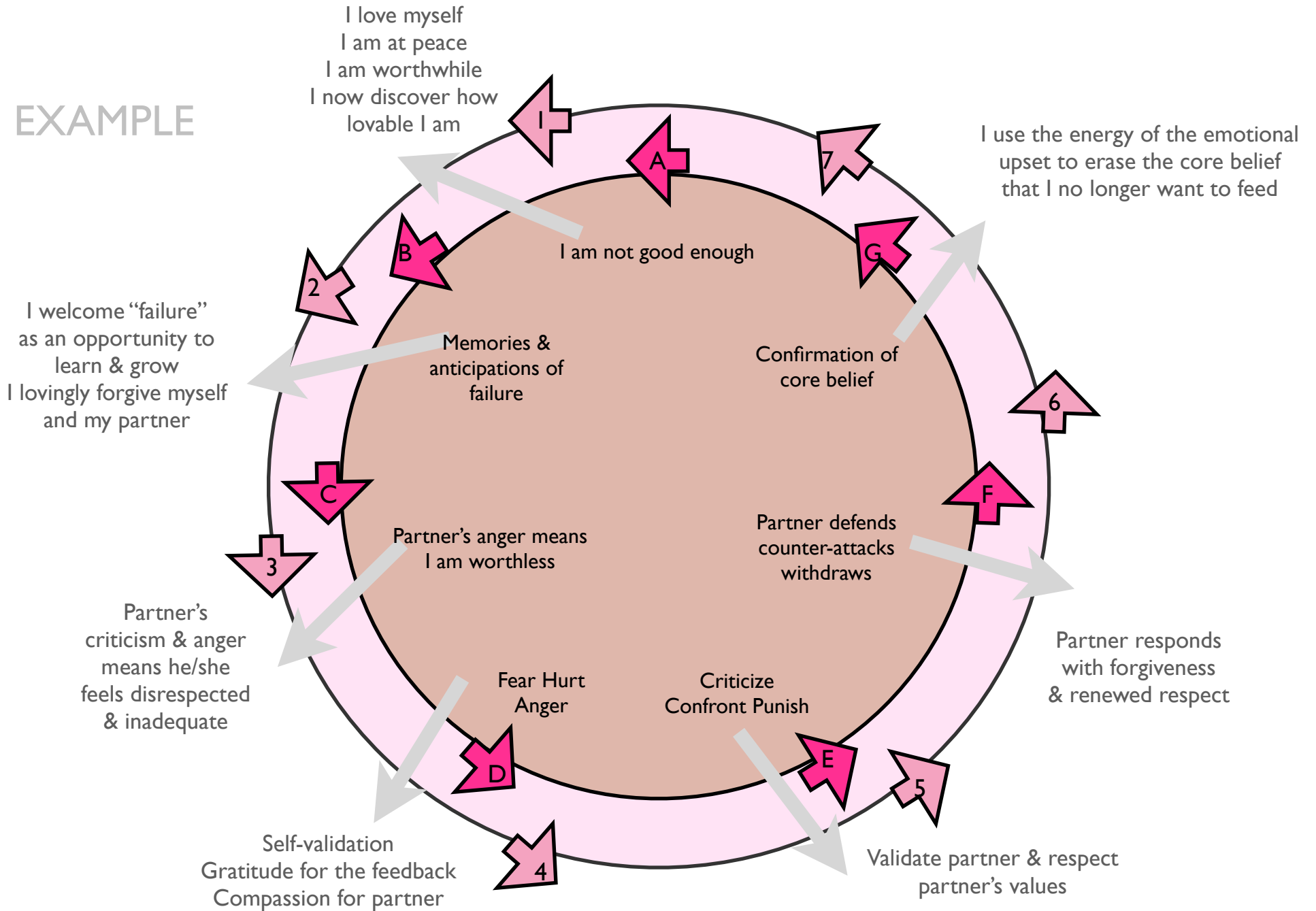
I NO LONGER USE MY HURTS
TO TRY TO GET SOMETHING
BY HURTING MY PARTNER



EXAMPLE



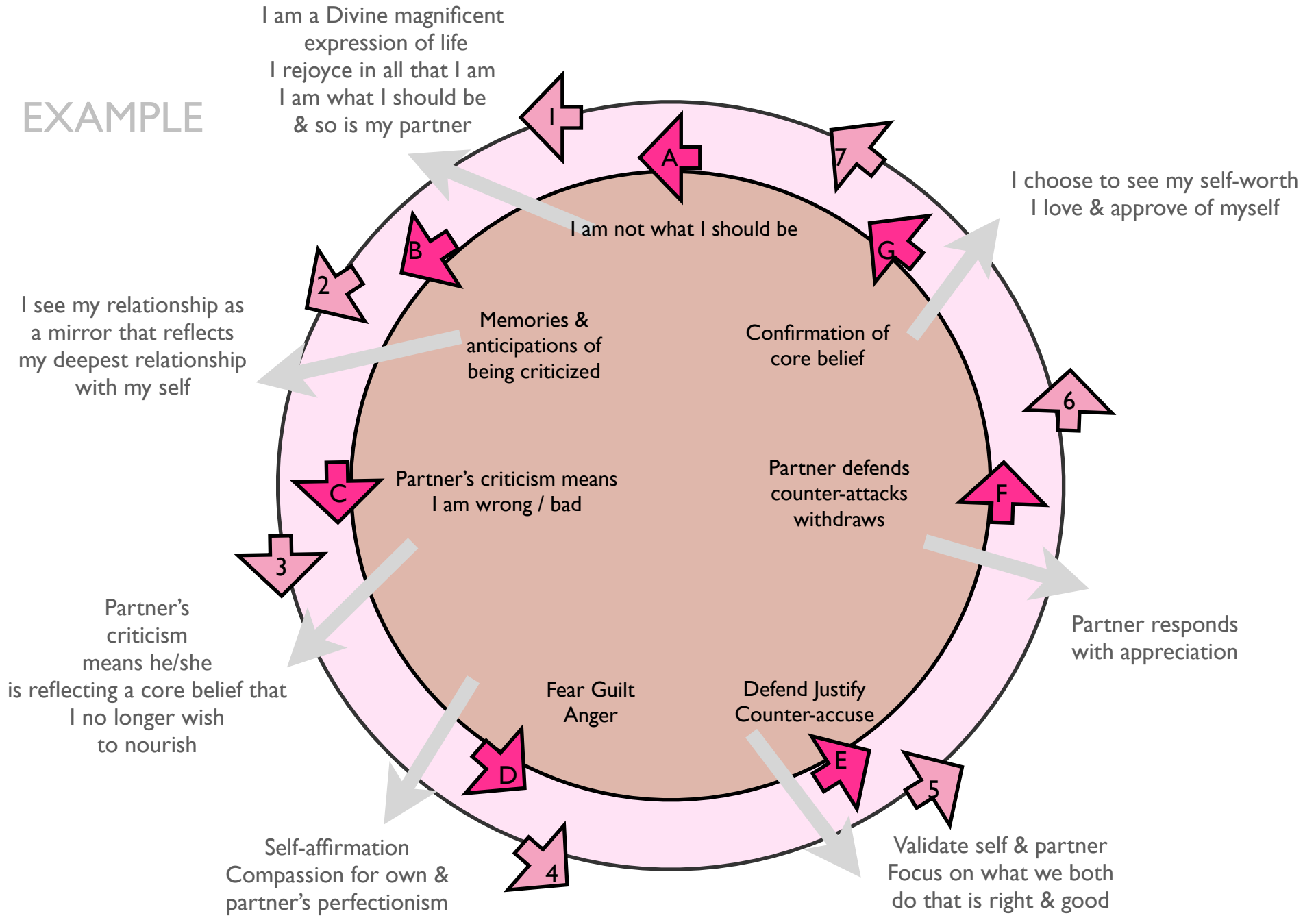
EXAMPLE



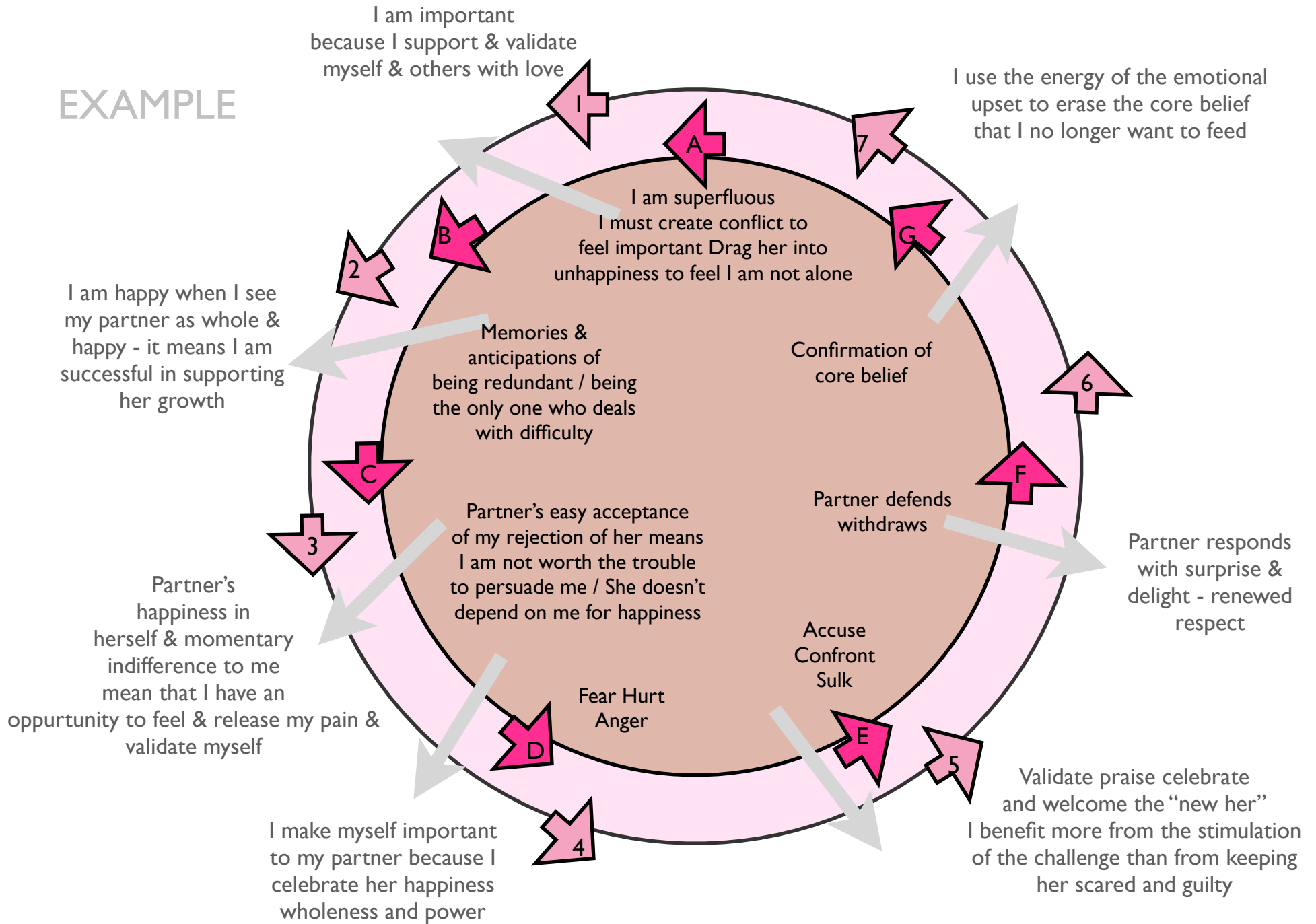
IN STEAD OF REACTING WITH FEAR HURT AND ANGER
I USE THE ENERGY OF
EMOTIONAL UPSET TO ERASE
OLD CORE BELIEFS &
NURTURE NEW TRUTHS



EXAMPLE



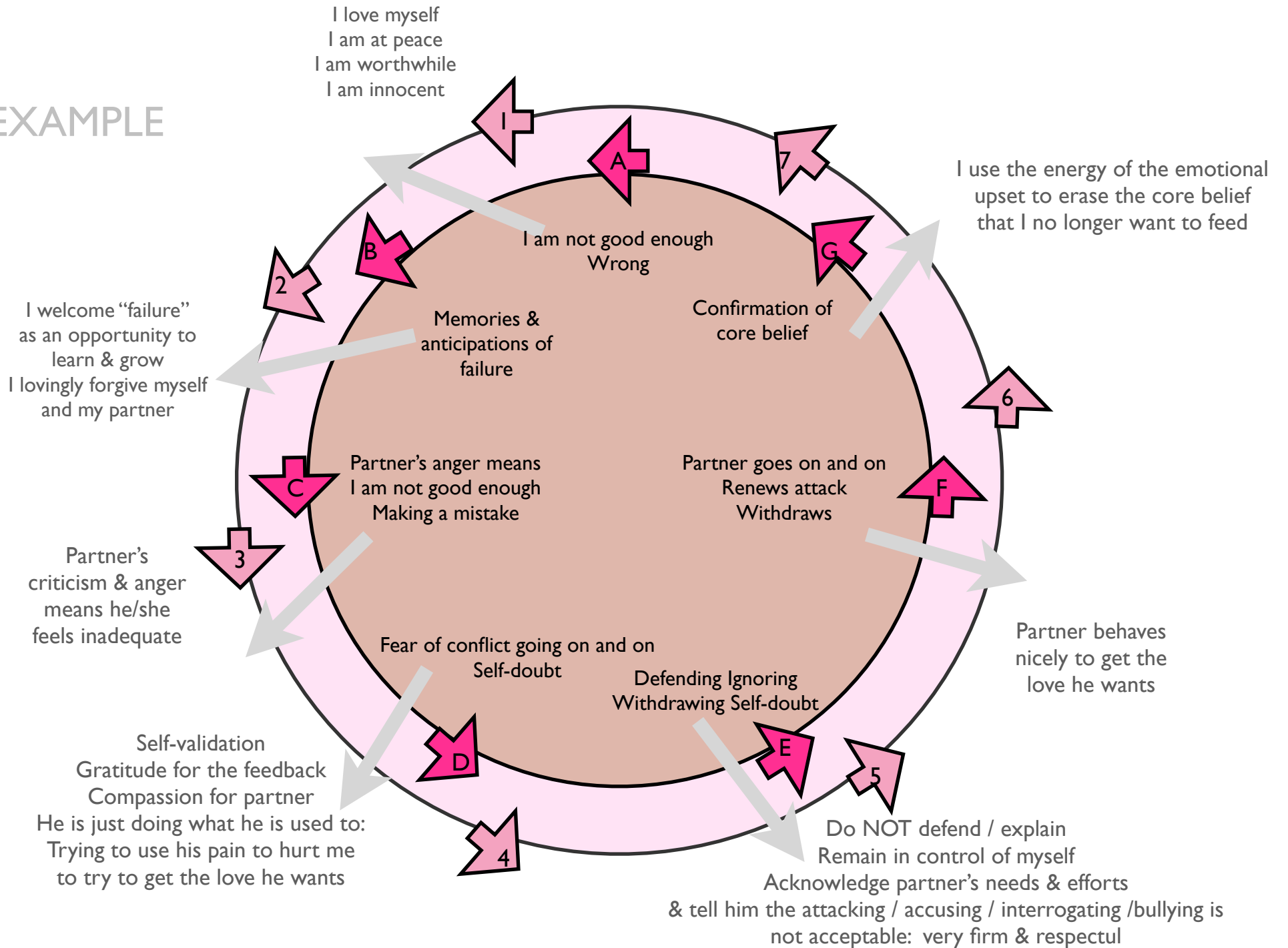
EXAMPLE



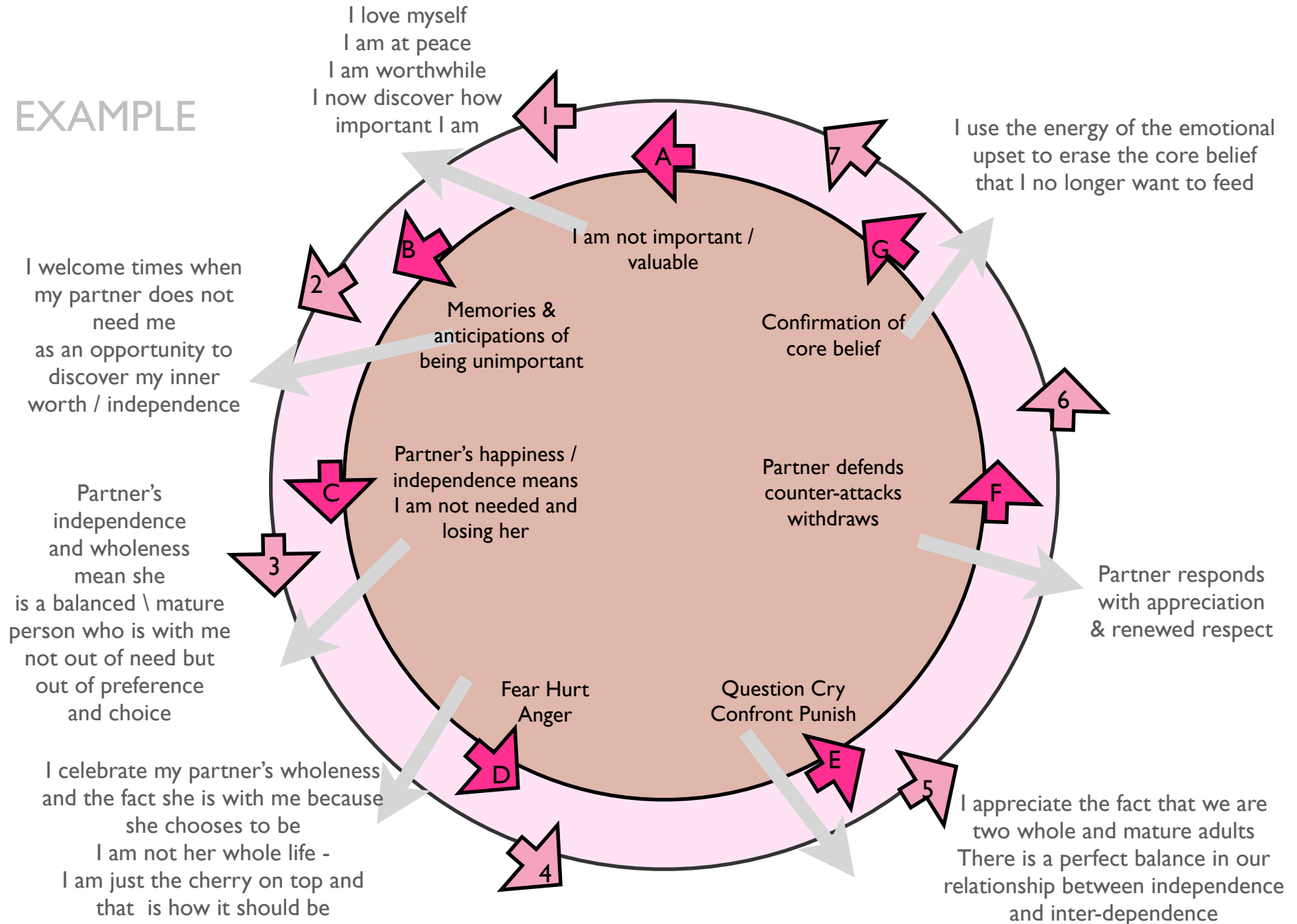
I SEE EVERY UPSET IN MY RELATIONSHIP
AS AN OPPORTUNITY TO GROW
BEYOND MY EGO & BECOME
THE MATURE PERSON I WAS CREATED TO BE



EXAMPLE



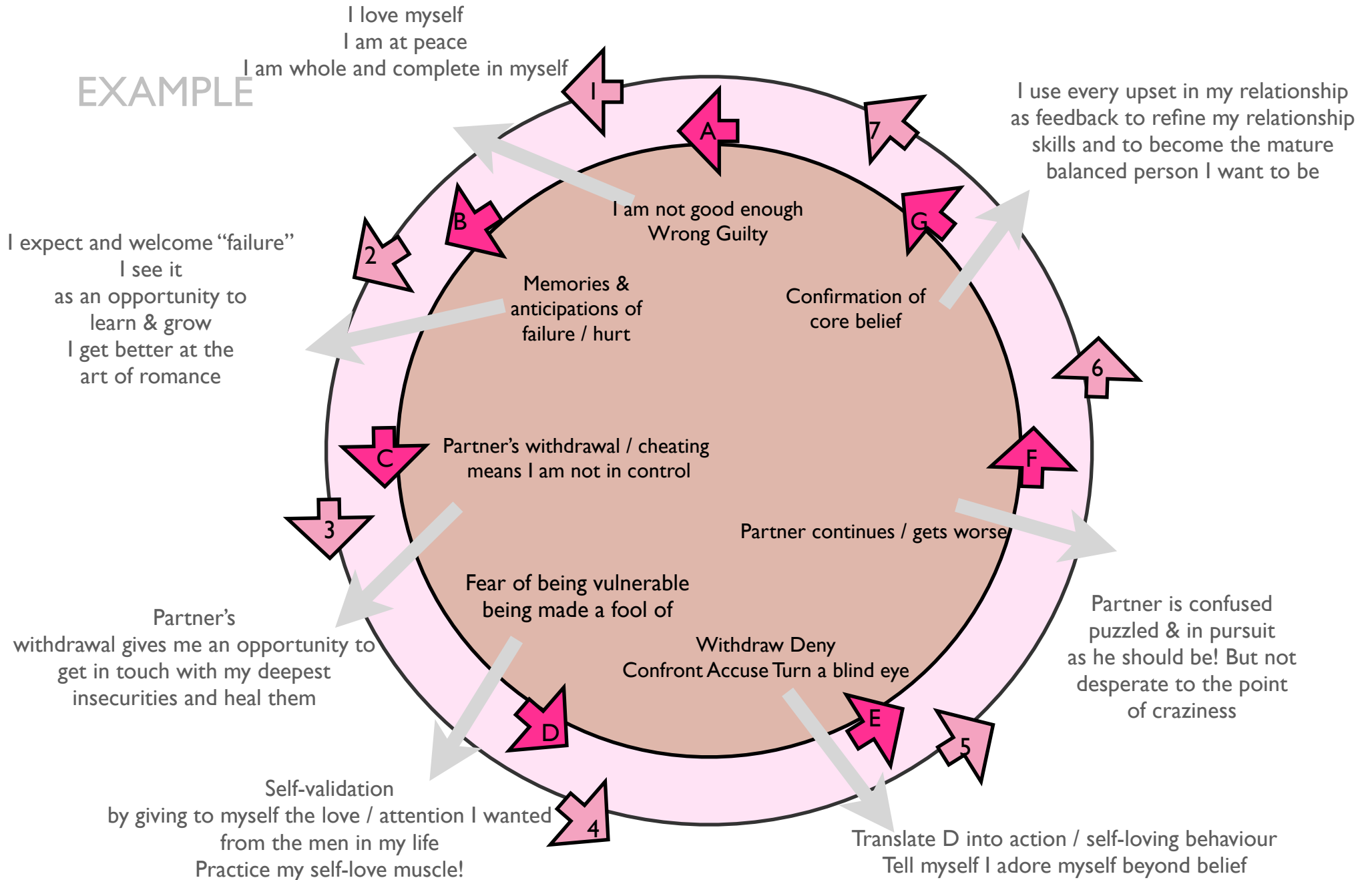
EXAMPLE



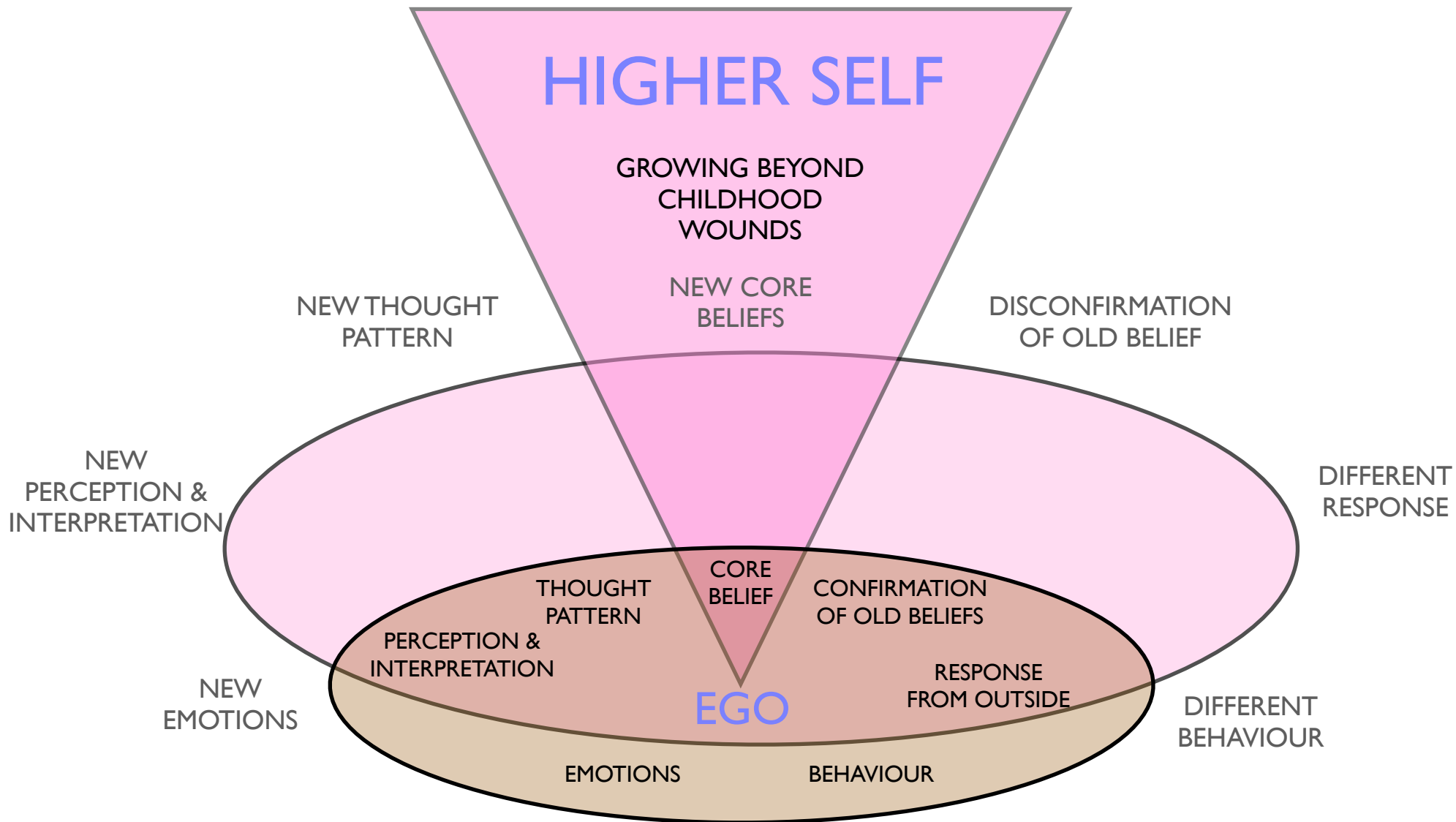
MY RELATIONSHIPS ARE THE CLASSROOMS
WHERE I LEARN MY LIFE LESSONS:
TO DISCOVER & CELEBRATE THE
BEAUTY WORTH AND SACREDNESS
OF ALL BEINGS
BEGINNING
WITH ME



EXAMPLE



USING RELATIONSHIPS
TO LEARN YOUR LIFE LESSONS
AND GROW INTO YOUR
HIGHER SELF





EXAMPLE FOR
YOUR OWN USE

I love myself
I am
.....

I.....
.....
.....

I.....
.....
.....

Partner's
..... means she / he
.....
.....
.....

I.....
.....
.....

I.....
.....
.....

