

# Origins of Relationships

## What is Origins of Relationships?

We learn to become social beings through the family or group in which we are raised. This lays down some fundamental patterns that we rely on in other group settings. Understanding the dynamics at play within us in social situations and appreciating the life scripts we deploy will make us more choiceful about our response to certain triggers in social situations.

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## Who is it for?

All of us operate within groups and social situations. By increasing our awareness about our personal triggers that may have been created in early childhood can help us understand why some people and some situations cause a reaction within our brains and our behaviour.

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## What does it offer?

This module explains some models of family and group dynamics to inform learners about patterns of learned responses that exists in all of us. Understanding the themes that play in our life scripts can alert us to the moments that pull us into certain behavioural responses. With increased awareness learners can then deploy some learned strategies for changing the dynamics at play, especially if they are counterproductive behaviours.

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## How do we sign up?

Contact us at [madebetterhuman.com.au](https://madebetterhuman.com.au)

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