

# NAVIGATING RELATIONSHIPS

## Moving Towards Resolution

- Recognise you're in the box – justification, labelling, catastrophizing
- Search for an out of the box position – memories, activities, actions
- What challenges, burdens, pains does this person (group) face?
- How might I (or my group) be adding to these challenges, burdens, pains?
- In what ways are my boxed positions interfering with potential solutions?
- What could I do to help?
- Who is the human I am being and what is the potential human I could be?
- Compassion is the the key emotion that needs to be evoked