

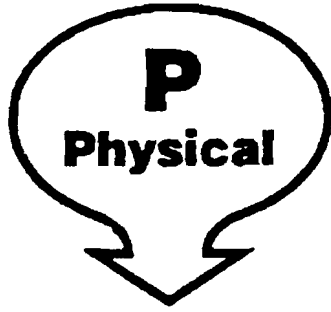
THE FOUR ELEMENTS OF A BALANCED RELATIONSHIP



E
Emotional

Security

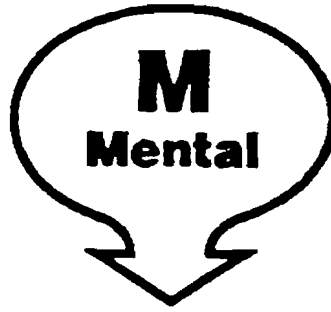
- Expressing feelings
- Rearranging language patterns
- Trust
- Taking responsibility
- Associating with healthy friends
- Clear communication



P
Physical

Energy

- Eating right
- Exercising
- Touching
- Sharing
- Eye-to-Eye contact
- Trust



M
Mental

Wisdom

- Listening
- Patience
- Reading, writing
visualizing
- Creative problem solving
- Learning new skills
- Peaceful surroundings
- Showing unconditional love:
Affirmation,
Appreciation &
Acceptance



S
Spiritual

Guidance

- Meditation
- Fasting
- Prayer
- Faith (F-A-I-T-H)
- Balance within
- Feeling safe
- Trusting God

THE FOUR ELEMENTS THAT CAUSE FAILURE IN A RELATIONSHIP



D
Defensiveness

Denial

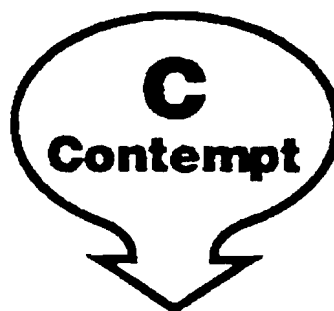
- Denying responsibility
- Keeping at arm's length
- Standing one's ground
- Holding one's own
- Helplessness
- Vulnerability



W
Withdrawal

Seclusion

- Tuning out
- Frigidity
- Seclusion
- Holding back
- Feeling alone
- Turn a cold shoulder



C
Contempt

Arrogance

- Snub
- Look down upon
- Snap one's finger at
- Roll eyes or toss head
- Laugh to scorn
- Pooh-pooh



C
Criticism

Judgement

- Fault finding
- Nitpicking
- Bad mouth
- Corrosiveness
- Attacking
- Negative energy