



## **Relational Styles**

AN ESSENTIAL SKILL IS THE ABILITY TO ASK FOR HELP

WHAT DO YOU TYPICALLY DO WHEN YOU NEED HELP?

It is important to be aware of how you position yourself in relation to others. This is a simple exercise that helps to build your awareness of your connection, or disconnection, with others.

We all have learned ways of balancing safety and connection. There are 4 predominant Styles.

Questions to orient your self to the 4 Cardinal Positions

I'm ok + you're ok = <b>Interdependent</b>	I'm ok + you're not ok = <b>Independent</b>
I'm not ok + you're ok = <b>Dependent</b>	I'm not ok + you're not ok = <b>Disconnected</b>

Knowing how you connect, or not, with others is important. Sometimes your past experience has resulted in a bad experience. Or may be you just like to do things on your own.

*ANGER, false pride and defiance can prevent us from asking for help.*

Similarly

*SHAME AND GUILT* can get in the way of connecting and asking for help.

**It is important to know that asking for help is NOT A SIGN OF WEAKNESS.**

***WE ALL NEED HELP AT DIFFERENT TIMES IN OUR LIVES***

Either way there are time that you will need others. So it is important to be able to connect comfortably without feeling afraid that you might be hurt, rejected or compromised in some other way.

One way to ensure you connect with others in a way that feels safe is to consider boundaries.

Your homework is to notice how you "show up" in relationship. Look beneath your behaviours to understand the underlying self structure that determines them. Through active self-reflection and self-awareness, you can recognize, understand and shift out of old self states. This helps you to be your best possible self.