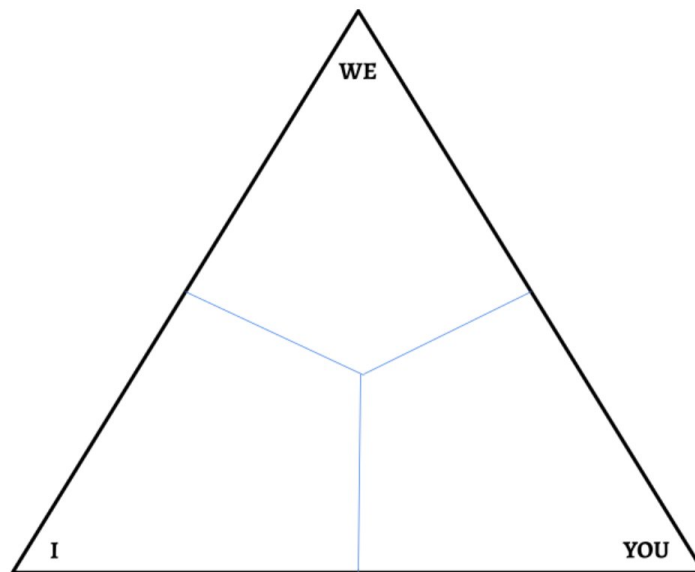




Relationship Triangle

A Therapeutic Model developed by Phillip Bass of Trinitas Services

Reflect. A healthy relationship seeks balance. There is who you are in the relationship (I), who your partner(s) is/are in the relationship (YOU), and who you are together (WE). Use this triangle to explore how you experience your relationship.



1. Which area of the Relationship Triangle do you think receives the most attention (time, money, energy, resources) in your relationship?

2. Write down your definitions of each area of the relationship. What are the roles, behaviors, needs, etc. of each?

"We all want the freedom to be ourselves, yet we are most afraid of being ourselves."

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