



# The Definitions You Hold

*A Therapeutic Model developed by Phillip Bass of Trinitas Services*

**Reflect.** Humans are narrative creatures — we make meaning through story. The story we tell about ourselves and others, and the definitions we have created, directly shape our expectations of others, what we expect to give others, and our boundaries. Use this space to notice the definitions you hold and how they shape your relationships.

## What are your definitions?

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- **Yourself**

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- **Your partner(s)**

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- **Your relationship**

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## Going Deeper

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1. How might these definitions limit you?

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2. How might they lead to destructive reactions?

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3. How could you expand the definitions?

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

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