RELATION - SHIPS

Needs

Beliefs

Old Romantic Relationships

Wants

Attitudes

Emotions Feelings Tolerances Fears

Family of Origin

Parents Relationship

Mom

Siblings

Dad

Little

Conflicted
Wounded
Abondoned
Scared

Perfectionist
Controller
Teacher
Pleaser
Critic
Judge
Victim

Sub-Personalities

Expectations

Future Self

Assumptions

Meaning-Making

Unexplained self

Disowned Denied self
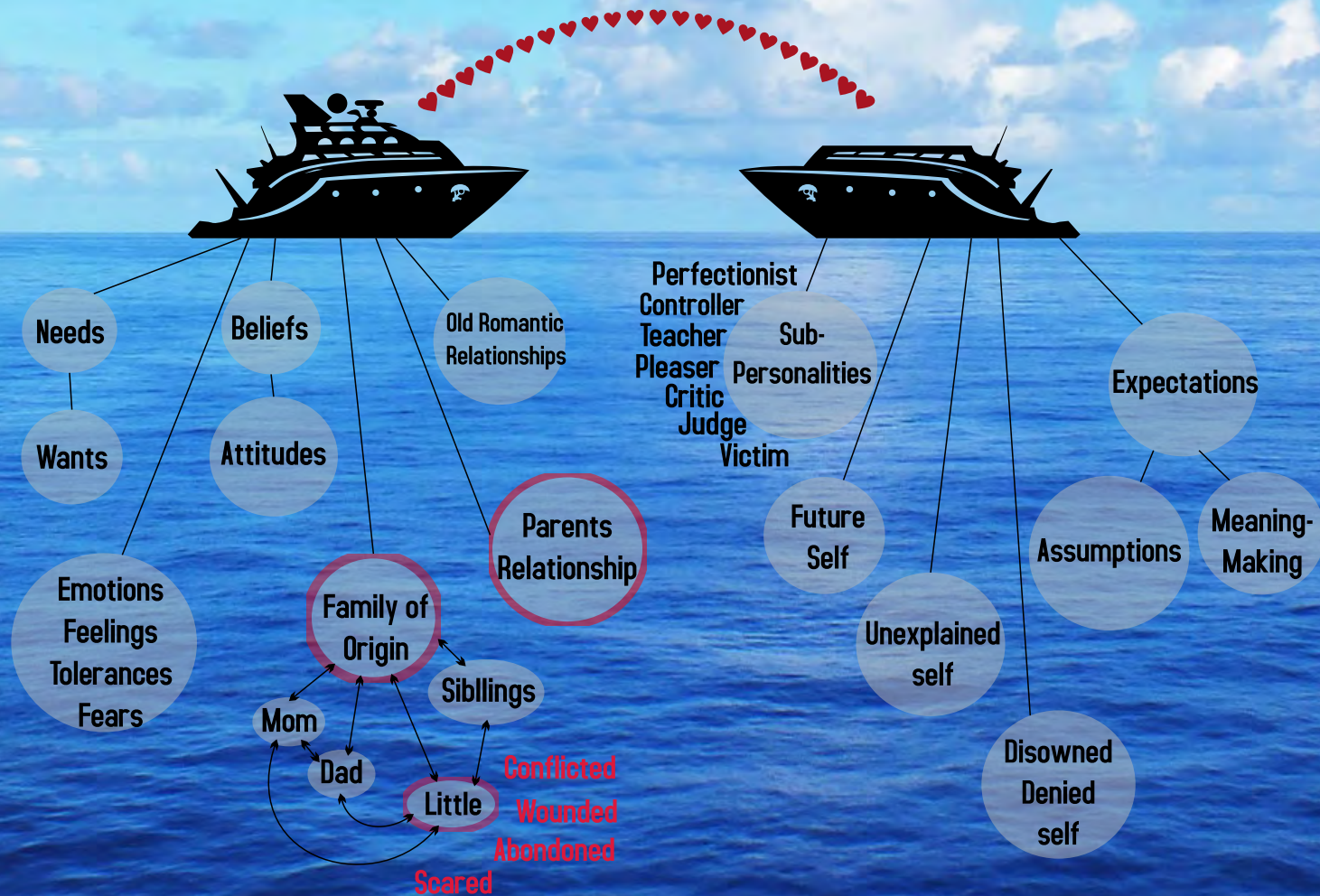
I use two ships as an analogy to represent two individuals who are both carrying the same nets or 'baggage' underneath the surface, or within them, when they meet.

the red rings indicate the biggest nets