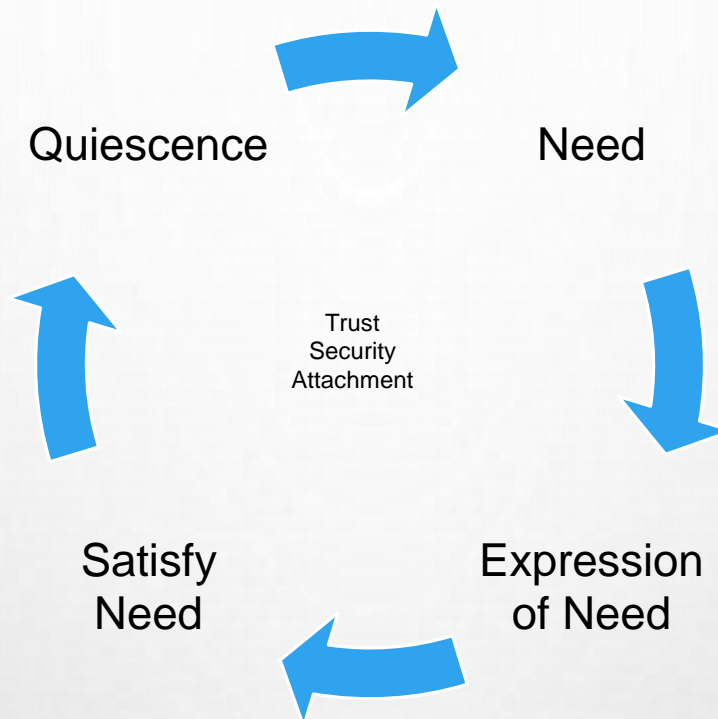


# Attachment: Foundation of Relationships



- Erikson describes this process in infancy
- As a model of relationships it endures through life
- Requirements:
  - Self-awareness/introspection of needs
  - Ability/willingness to communicate about oneself vs. complaining about other
  - An environment that provides the consistent presence of empathetic, nurturing “relators”
  - Environmental, neurological, biological ability to experience quiescence

# Understanding and Overcoming Relationship Deficits

- First rule of relationships. In the relationship equation, you can only change yourself (you+me=us)
- Poor early history of relationships will affect your ability to be in relationship
- How do you know if you have a problem that is affecting your relationships? If you have deficits in the relationship cycle (confused needs, poor self-expression, inability to be emotionally satisfied)
- What can I do if I am experiencing poor relationships: Talk to parents, friends, guidance counsellors. Find a therapist. Often healing present relationships will require that you understand your relationship history.

## Q & A

- Resources:
- Changing Bodies, Changing Lives (Bell, et al.)
- Venus Envy: Award winning Sex Shop/Book Store
- Savage Love: Dan Savage's column and podcast

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