The Conscious Relationship Triangle

Uncover, Understand, Feel & Transform my internal world

**Step 1 - towards Myself**
1. Understand what I interpret / experience
2. Discover (Q's) & feel the needs behind it

**Step 2 - towards Other**
1. Imagine the experience of the other
2. Feel and imagine the needs behind it

- Listen Empathically (curiosity + questions) to the other person’s experience (no need to agree or act upon)
- Express in First person (responsibility) my experience + what’s important to me + emotions + requests

Freedom

Compassion

Authenticity

S-C from the heart

O-L from the Heart

S-E from the Heart

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