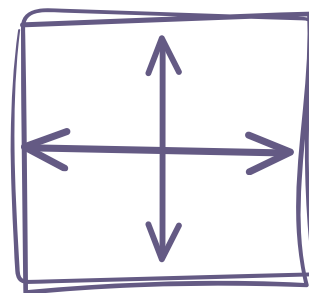


FINDING YOURSELF ON THE RELATIONSHIP GRID



Most of us, on a good day, know how to communicate with our partner. How to listen, advocate for our needs, and connect. The problem is, we all have days or moments when we're stressed or overwhelmed, or as Relational Life Therapy (RLT) calls it, "Whooshed." When we're whooshed, most of our brain goes offline and we can't show up relationally.

Figuring out HOW we show up when we're whooshed and WHY and how that interacts with our partners' coping tendencies helps you break unhealthy patterns. The Terry Real Relationship Grid model helps you both understand how you show up when you're overwhelmed and WHY you react that way.

Step 1. You and your partner take the [FREE Terry Real Relationship Grid Assessment Quiz](#).

Step 2. Take turns sharing your results. Share how the results resonated with you and or surprised you. Ask your partner if the results match their experience of you. If not, why?