



ELEMENTS OF YOUR KIT FOR THIS DINNER WITH YOUR EX

E. MANDESSI BELL

AMONG THE ELEMENTS OF THE TABLE OF CONTENTS ...

REMINDER OF THE BASIC ELEMENTS OF ANY HUMAN RELATIONSHIP

WHY THINGS OFTEN “TURN SOUR” WITHIN COUPLES

DO YOU KNOW YOUR OWN GOALS IN YOUR RELATIONSHIPS WITH OTHERS, NOTABLY YOUR EX ?

THE LIFE CYCLE OF HUMAN RELATIONSHIPS AND THE NEED TO TAKE IT INTO ACCOUNT

DID YOU HAVE A RELATIONAL FRAMEWORK ?

THE IMPORTANCE OF A RELATIONAL FRAMEWORK AND THE CONSEQUENCES OF NOT TAKING IT INTO ACCOUNT

DO YOU KNOW HOW TO DETECT CLOUDS WHEN YOUR RELATIONS WITH OTHERS START DETERIORATING ?

FOOD FOR THOUGHT. CONSIDERATIONS ON CONFLICTS

ARE YOU READY TO TAKE A NEW DIRECTION FOR MORE FRUITFUL RELATIONSHIPS ?

TIME FOR TRUTH. SCAN YOUR RELATIONSHIP WITH ANY IMPORTANT PERSON TO YOU !

YOU WANT TO RESUME AN INTERRUPTED RELATIONSHIP ON IMPROVED BASES : YOUR ACTION PLAN

TEMPLATES OF LETTERS TO YOUR EX

TEMPLATES OF CARDS WITH A MESSAGE TO PUT ON YOUR EX’S PLATE (apart)