



## **ELEMENTS OF YOUR KIT FOR THIS DINNER WITH YOUR EX**

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**E. MANDESSI BELL**

## **AMONG THE ELEMENTS OF THE TABLE OF CONTENTS ...**

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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)