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## Building Better Relationships Short Essays on Learning to Relate

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By Julie Roberts MFT

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 110 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Relating to other people provides the basic foundation for our lives. Our instincts propel us into connection with others, and our personalities emerge through the responses we receive and give. Relating is so embedded in our social experience that we do not think about it, we just do it. How we relate is learned in early formative experiences and we carry those with us into our adult relational lives. Unfortunately we do not learn about what we are doing; basically, we have to wing it. The book is part of a larger endeavor to bring more awareness to how we learn to relate and how our learned relational styles impact our relationships. It is hypothesized that conflict grows out of lack of awareness of our relational needs. We include detailed information on what relational needs are and how learning to communicate them brings mutuality and connection. As a therapist, I was struck by how difficult it was for either person in a relationship to turn their attention to the other person's experience. In the presence of the other, most people...



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