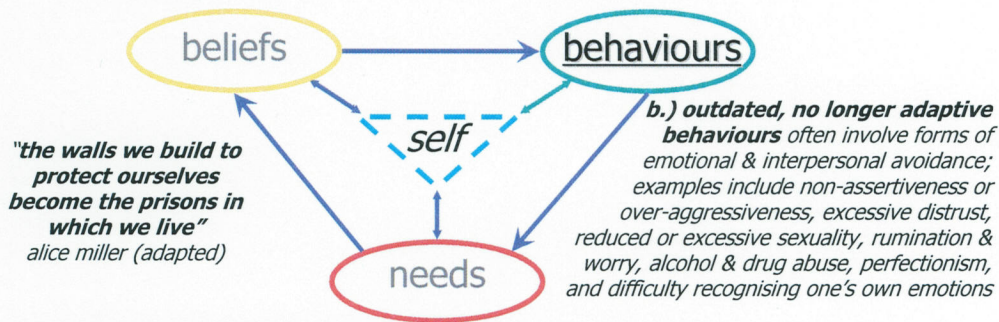




## maladaptive behaviours

**a.) ways of behaving** that helped to protect us in some way as children may – now we are adults with more understanding & more choice – no longer be so necessary; the behaviours may now actually interfere with satisfying our key human needs (for example, to feel understood, accepted, valued, loved)



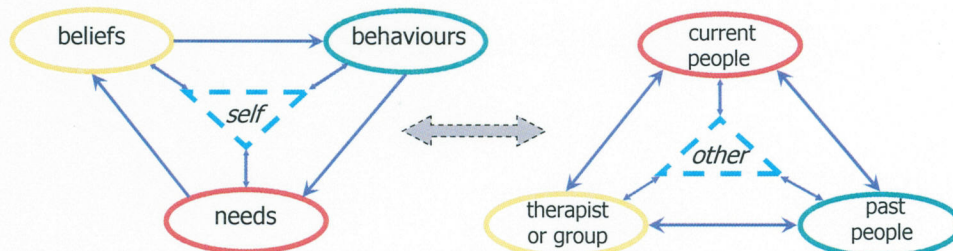
**c.) changing outdated behaviours** and acting in ways that link with our own values and 'dreams' requires courage; **living in genuinely wellbeing-promoting ways** that respond to our healthy inner needs can be a form of 'behavioural experiment' that challenges and updates our childhood 'brainwashed' dysfunctional emotional beliefs

healthier behaviours flow naturally from primary adaptive emotions, but usually we also need to 'feel the fear and do it anyway' – acting in new wellbeing-orientated ways even though it feels threatening; this challenges & updates our toxic emotional 'brainwashing'



## relationships

**a.)** as we remember & understand better our childhood & adolescence, typically we come to realize that our behaviours 'made sense' in that early environment; unfortunately these behaviours usually become habits that continue into adulthood – both into our current relationships and into our interactions with therapists and therapy groups



**b.)** the respected figures & funeral speeches exercises, communication scales, and other sources of 'inspiration' highlight better ways to relate; behavioural experiments in our current relationships challenge & help us review our outdated beliefs; disclosure, feedback & trying out healthier behaviours in therapeutic relationships – individual & group - provide further opportunities for learning

it's often helpful to work at all three corners of the triangle of emotions – contacting & being energised by underlying primary adaptive emotions, understanding & working to transform toxic emotional beliefs, and risking trying out healthier, more wellbeing-orientated forms of behaviour