

GREAT RELATIONS

THERAPY PACKAGE

INDIVIDUAL THERAPY





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Individual therapy

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INTRODUCTION

Individual therapy package

With the therapy package, you gain access to a selection of conversation exercises, reflection tools, fun activities, and games that you can offer your clients to use between your therapy sessions.

This will enable more effective therapy, allowing you to work deeper, as reflection occurs that supports your work and enables you to guide your client in exploring personal themes at varying paces.

In this way, you contribute to your client gaining deeper insights into their own challenges and opportunities when reflection time and dialogue are practiced between sessions.

Your client will have a felt experience that what succeeds in therapy with you can be transferred to achieving success at home, even when you are not present.

This package includes:

The individual therapy package contains 3 conversation guides and 2 reflection exercises for clients in individual therapy who either wish to involve their partner in the therapy process or are in the dating phase and want guides and reflections to get to know new potential partners.



HOW TO USE THE PACKAGE

Get the most out of each therapy session

Read all the guides first

All exercises, dialogue guides, and games can be used as part of a therapy process. We recommend that you review all parts of the package as a therapist so you can determine when each client is ready to take home one or more exercises during the process. The exercises can be used in both individual therapy and couples therapy, but they are not suitable for children or teenagers.

STEP 1

Provide the relevant guide to the client as homework. You can either send a screenshot of the digital version, print the entire therapy package, or, for example, set your printer to print only page 5, etc. Go through the exercise with the client so they understand it.

1

STEP 2

2

The client completes the exercise at home during the time interval before the next session.

STEP 3

In the next session, you will discuss the insights the client has gained.

3

CONVERSATION

Dating – when you are getting to know each other

Good questions you can ask a new acquaintance during your first few meetings.

Help to explore whether the relationship should become intimate, deeper, and long-lasting: Is this someone you are attracted to and share life values with? What background does the person bring into your life, and how open and honest are they willing to be?

First step – soft start

- What is important to you in your work life?
- What is important to you in your private life to feel good?
- Has there been an experience in your life that has made a significant impression, perhaps life-changing?
- Which people do you admire?
- What can bring you joy in your everyday life?

Next step – getting closer

- When do you feel most free?
- When do you feel your best with others?
- What does spending time alone give you?
- What does being in a loving relationship mean to you?
- How do you show that you care for your partner?
- What do you notice in other people's relationships that you would like to achieve?

One step – toward a decision

There is no formula for when one or both of you are ready to take the step of choosing each other as partners, as you may be ready at different times. It doesn't necessarily reflect on you if you experience hesitance: it could be negative experiences from past relationships, insecurity about contributing positively to a relationship, or being someone who needs a lot of reflection and decision-making time. However, at some point in the early phase, you should have the conversation: "Should we spend more time together? Should we be a couple?" If you find that both of you are engaged, responsive, and attentive when you meet, it is a good sign that you are ready for that conversation.

The exercise continues on the next page



CONVERSATION

Dating – when you are getting to know each other

Before you start the conversation about the future, consider predicting what type of discussion you can expect:

- Before we meet again, I will think about what our meetings mean to me. Perhaps you'd like to do the same?

When you have the actual conversation, you might consider saying things like:

- We've seen each other XX times now, and what I find positive about our meetings is...
- I would like to see more of you in the future because what I experience you contribute to my life is...

And follow up with:

- Can you feel if you are ready to decide whether we should continue spending time together?

If the answer is evasive or ambiguous, you could say:

- Does that mean you need more time alone to think about it? If so, I suggest we talk about it again on XXX. Or does it mean you want to stop now?

If you get a "no"

It's very human and completely normal to feel difficult emotions when we feel rejected. This can make us reluctant to be open, honest, and genuine because we feel vulnerable and exposed when we are the one left wanting to continue the relationship.

However, try to communicate what your positive feelings about getting to know the other person have been. It is often seen as a strength when you dare to show who you are and what you want, even when faced with rejection. This will give you confidence, especially if you feel small in the situation.

So if the person has treated you fairly and properly, remember to thank them for the time you've shared and wish them the best for the future, even if you feel disappointed and angry. Perhaps there will come a time when you are better suited to each other, or you may realize over time that it wasn't the right match for you after all, making it the right decision—even if it wasn't your choice

INDIVIDUAL REFLECTION EXERCISE + CONVERSATION

Reflection on Shared Values

Help to find your ethical compass and value foundation

having a shared worldview and core values can contribute to a relationship being healthy, solid, and long-lasting. it is said: "like children play best," which does not necessarily mean the same economic and social upbringing but rather that it can be crucial if one does not share a view of humanity and an ethical compass. therefore, it can be important that the values that underpin one's daily actions and reactions are clear, understandable, and reasonable to the other person.

Good questions for self-reflection (and later for your date) about your own core values:

- What view of humanity and core values influenced your upbringing?
- When you look around at your family and friends, which people do you feel you do not share values with, based on their actions, reactions, and expressions of their views on humanity?
- Outside of your close circle: what do you find yourself reacting positively to regarding the actions and reactions of others?
- What can you notice that others do or say that elicits a negative reaction from you?
- How would you describe the values you live by?
- Provide a couple of examples of the difference between what you think one should do and what you actually do in given situations.
- Ask 2–3 people who know you well from work or your personal life what values they believe characterize you.

Note: before you ask some of the same questions about values to the person you are dating, we recommend that you first practice by asking the questions to others in your trusted circle.

INDIVIDUAL REFLECTION EXERCISE

Individual reflection exercise: Dating diary

Find the pattern that can predict what benefits you and what needs to be adjusted.

If you write down your dating experiences in a journal, a pattern will emerge for both of you that can help you adjust your own behavior. It will also provide insight into what is happening internally with your conversation partner—if you can read the person's signals.

One thing is what we say to impress or feel accepted. It is only when there is consistency between how we want to be perceived and what we actually show and say that the real person comes forward.

You will find that you can train your ability to discover the real person in yourself and the other if you keep a journal and later spend time reviewing your notes and giving yourself honest feedback.

Perhaps you have a tendency to talk too much, making you seem overwhelming, or you share too little of yourself, making it hard for your date to carry a conversation. The more aware you become of when you positively affect others, the easier it will be for someone to date you, and the more calm and balanced you will feel in the situation.

Before you go on a date

- Write down what you want to bring up in the conversation: what questions could you ask (considering how many times you have dated) and how well you have gotten to know each other?
- What could you imagine sharing about yourself?
- What would you like to do with your date to get to know each other better?

The exercise continues on the next page →



INDIVIDUAL EXERCISE

Individual reflection exercise: Dating diary

while you are on a date:

- Pay attention to what is said during your conversation that you would like to remember.
- Notice the reactions you get from what you say and do: what do your date's body language, tone of voice, and energy tell you?
- When do you sense that your date becomes curious to learn more about you?
- When does the person shut down from being open about themselves?
- Also notice your own reactions to the same.

After your date:

write down your experience as soon as you get home. this will help you remember best.

Try to write down as accurately as possible the part of your dialogue that revealed important insights about each other.

After a few dates, take out the journal and notice if there is a pattern: both in what you and your date do and say when you meet.

write down what you would like to adjust for next time:

- What do you discover about yourself that you may not have been aware of before?
- What will you continue doing?
- What will you stop doing?
- What will you try to do differently?



CONCLUSION

Good Luck!

Thank you for your interest in utilizing these communication guides from Great Relations, which we have created for you as a therapist to support your work with your clients. We wish you all the best in conveying them further.

We welcome your feedback, so feel free to share how you have used the package and whether it brings value to you and your clients. We also appreciate constructive criticism.

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