

EXITING AND EXCLUDING BEHAVIORS IN RELATIONSHIPS

Joe Noble, MA, LMFT

Lori Thibodeau, MA, LAMFT

Overview

- What does uncomfortable mean?
- Security Significance and Belonging
- Relational Movement
- Identifying Patterns of Exiting and Excluding Behaviors

What does it mean to be uncomfortable?

- What do you do when you are uncomfortable?

Foundations of a Relationship

- Security
- Significance
- Belonging

Relational Movement

- How security, significance, belonging, and the uncomfortable move in a relationship

Patterns of behavior

- Exiting
- Excluding
- Identifiable patterns for professionals

Discussion and Questions

Thank you!

- Contact us at:
- Lori Thibodeau: 612-454-9291
- Joe Noble: 612-202-0718

- www.thebridgingcenter.com