



# Backgrounder

## Relational Empowerment Skills

---

### Healthy Relational Skills

---

#### **5 Core Self Skills**

- Self-esteem
- Owning your reality
- Boundaries
- Interdependency
- Moderation

#### **5 Core Relationship Skills**

- Relational esteem
- Telling the truth with skill & love
- Responding constructively
- Negotiating with wisdom
- Relational integrity

---

### Poor Relational Behaviors

---

#### **5 Losing Strategies**

- **Being Right:** speaking with self-righteous indignation
- **Controlling Partner:** trying to “get him/her to...”
- **Unbridled Self –Expression:** an adult temper tantrum
- **Retaliation:** “you burned me, now I’ll annihilate you”
- **Withdrawal:** becoming walled-off and superior or walled-off and defeated