



meeting deeply

it's likely to be most helpful if this communication is held in a setting of goodwill for oneself & for the other person

expressivity

receptivity

to deepen communication it can be useful to be aware of any blocks in the four phases highlighted in this diagram and fifthly to monitor the overall quality of goodwill

meeting deeply

note too the possible value of tracking five aspects of emotion – the trigger, body response, impulse, verbal label & associated wish or need

after Bugental, Greenberg & Cooper

receptivity

expressivity

