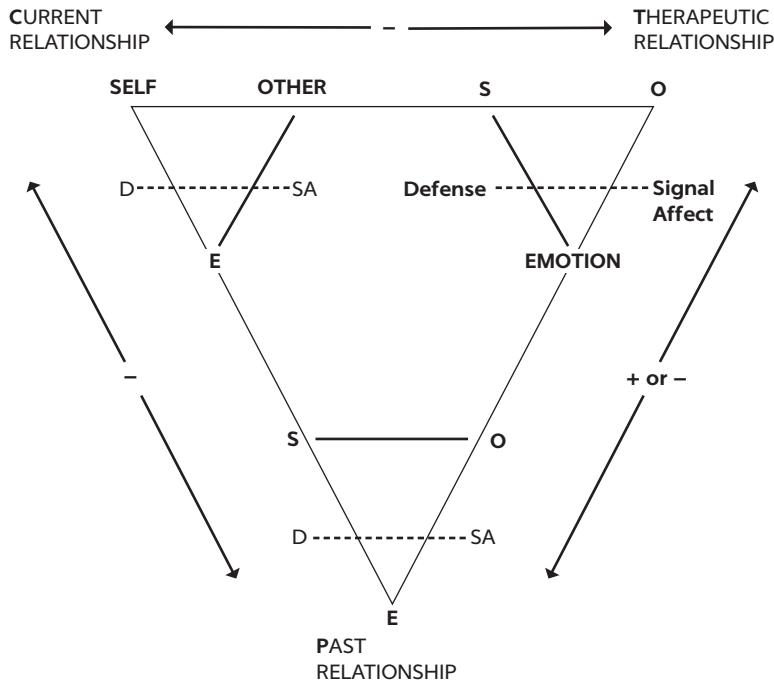


The Triangle of Relational Comparisons



Legend:

- (Minus) = Repetition (Old, Same, Same Old Same Old)
 + (Plus) = Corrective Experience (New, Different)

Triangle of Relational Comparisons

C Current Relationship
 T Therapeutic Relationship
 P Past Relationship

Self-Other Emotion Triangle (Self-at-Worst or Self-at-Best)

S Self
 O Other
 E Emotion

Triangle of Experience (Self-at-Worst or Self-at-Best)

D Defense
 SA Signal Affects (Red or Green)
 E Emotion

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