

SESSION FOUR – Homework Assignment

Read Chapter 11. Chapter 11 introduces the Relationship Graph and explains more about what completion really is. Read John's and Russell's examples carefully. This will help you understand how to do your own graph.

The instructions begin at the bottom of page 129 and conclude on page 133. Read them all the way through before you start. Then go back and begin.

Events or experiences within a relationship may be both positive and negative. NOTE: Entries on John's relationship with his brother in 1967, and Russell's relationship with his former wife in 1976. Those events are both above and below the line.

Make sure to have at least two events above the line and two below the line. This will prevent enshrinement or bedevilment. (Review page 132 for more information on Enshrinement and Bedevilment.)

As you review the relationship, you may remember events that you had already discussed or feel you'd completed when the person was still alive, or while you were still married. Put them on your graph anyway because they are part of your whole relationship and may help you discover other events to put on your graph. If there were a whole series of similar events, positive or negative, you don't have to list them all. Two or three examples are enough. The real objective here is accuracy. If you have any questions, stay and ask me after class.

Remember to take your assignments seriously. Your recovery will be the direct result of your participation. Do not shortchange yourself.

After you've done the graph, read the beginning of Chapter 12, from page 136 to 143.

See page two of this homework →

