

Relational Elevator

4th Floor — Joy Level

“Glad to be together”

Our ability to act like ourselves and enjoy our relationships together.

3rd Floor — Understanding Level

“Mother-core”

Our ability to understand how another person is feeling and what they are thinking.

Key to communication.

2nd Floor — Evaluation Level

“Guard-shack”

Evaluates who/what is safe or scary.

Safe = good

Scary = bad

Key to a growing relationship.

1st Floor — Attachment Level

“attachment light”

When it comes “on” we want the person we are bonded with to be glad to be with us. We desire to be relational with them.