

# FIVE PARALLEL RELATIONSHIPS:

Parallel Relationships - 5 © Michael Soth 2001

past  
relationship(s)

|  |  |
|--|--|
| <b>1) PRIMARY SCENARIO</b>   | the conscious and unconscious forces in the childhood psychological landscape (family myths) |
| original r'ships: how my emerging 'body/mind-self' was related to in early development |  |

becomes internalised as ...

|  |   |
|--|---|
| <b>2) CHARACTER (FROZEN LIFE HISTORY)</b>                                    | habitual patterns in energetic body/mind matrix = unfinished vasomotoric cycles |
| internal r'ship 1: how my spontaneous processes are spontaneously conflicted |   |

is manifest as ...

internal &  
internalised  
relationships  
(object  
relations)

|   |  |
|---|--|
| <b>3) BODY/MIND CONFLICT</b>  | habitual relationship to Self<br>"I relate to others as I relate to myself." |
| internal r'ship 2: how my reflective processes relate to my spontaneous processes |  |

is reflected as ...

|  |  |
|--|--|
| <b>4) 'INTERNAL DIALOGUE' = CONFLICTED &amp; POLARISED EGO</b>                       | habitual (dualistic, either-or) ways of thinking / self-image versus ego-ideal |
| internal r'ship 3: how my reflective processes oscillate between opposing polarities |  |

is re-externalised in the transference as ...

here & now  
(energetic)  
relationship(s)

|   |                           |
|---|---------------------------|
| <b>5) RELATIONSHIP TO THERAPIST</b>                     | habitual ways of relating |
| external r'ship: how I relate to others / the therapist |                           |