



MAKE MY LIFE MORE WONDERFUL

We don't know what we don't know!! Look back over your own experience over the last few years, in the light of what we've been learning with the "Iceberg model"

Looking back at previous conversations that you didn't enjoy, can you NOW think of things that might have been going on for them (underthing in the lower part of the iceberg), that you didn't realise at the time?

Can you think of times you've made assumptions about others (i.e. you mindread), and that others mindread you eg thinking someone is intentionally trying to hurt you; a partner expecting you to know what they want

What's something (invent anything you like), that if you knew about that person, would make you understand or even excuse their behaviour? (eg that their partner just died; they were abused as children; they have some kind of brain damage ...) ... is it possible those things might even be true?

