



The ***Beyond Blame*** process establishes a safe, respectful environment where you will:

1. Talk honestly about your feelings, needs, and the harms that have occurred in the relationship,
2. Learn practical tools and put them into practice in communicating with greater self-awareness, personal responsibility, empowerment, and
3. Develop a deeper capacity to use conflict as a way to grow individually and together.

The outcome has the potential to benefit you in all your relationships and every aspect of life.

## **Process Outline**

### **Consultation** (30 minutes)

I will meet with the parties individually to clarify the process and discuss motivation for change, the extent of the harm, and desired outcomes.

### **Individual session #1** (90 minutes)

We will begin work using the *Relationship Roadmap* workbook as support. Included in this session are present moment awareness, intention setting, resourcing, triggers, and four specific qualities that support self-reflection and accountability.

### **Individual sessions 2 and 3** (two 90 minute sessions)

You will reflect on previous sessions and specific challenges. We'll cover some Nonviolent Communication basics and the consciousness that underpins personal responsibility, nonviolence, and healthy relationships.

We will go deeper into looking at the patterns of thinking and behavior that cause harm and communication breakdown and reframe these as growth

opportunities. Throughout our sessions you will practice being fully accountable and resourced.

We will drill down into the core human feelings and needs that relate to the challenges in play and your deepest longings for moving forward.

You will get very clear about what commitments and requests you will make and share with the other in the final session, including what you've learned about yourself in the process.

### **Session Four, the Restorative Circle** *(two hours)*

The parties come together to share feelings, needs, requests, key learnings, and commitments moving forward. You will demonstrate that you are really hearing each other and there will time to speak spontaneously from the heart.

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The Beyond Blame process can be done with one, two or even a small group of people. It can be done in-person or via phone or video conference.

Pricing information [here](#).