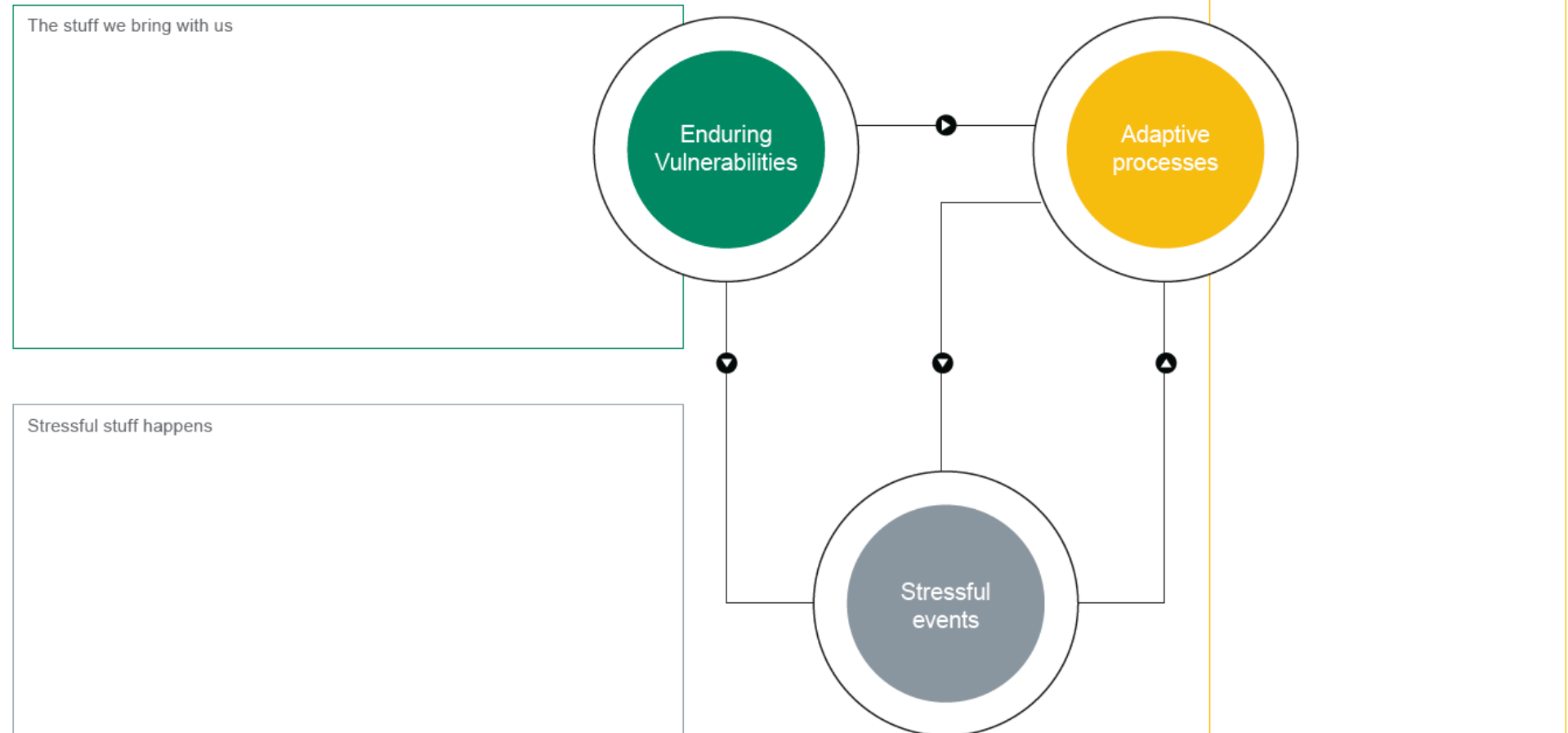


What's going on for us

Vulnerability Stress Adaptation Model



This tool can help you to consider on your own or with your partner the different life experiences that you/we bring with us into a relationship. These could be included under the following headings;

Enduring vulnerabilities – our experience of family life, previous relationships or values and expectations

Stressful events – these may have affected the whole family or been before the relationship.

These experiences or events can influence the way we communicate and resolve disagreements (adaptive processes).

Does your approach help you to resolve disagreements in a way that leaves everyone feeling okay?