

## 'Relationship'

The "Core Programme" of Mind Gliding, covering the five stages of interpersonal interaction:

### 1. Coming together – forming the working alliance

In order for anyone to operate effectively and efficiently, they need to be clear about who they are, what their role is and what they are doing.

### 2. Being aware of what is preventing and obstructing development and progress

We all might say that we want to work together, to build and develop who we are and what we are doing. We work hard, say that we all believe in what we are doing and how we are doing it and still somehow things do not work out as we might have hoped.

### 3. How to move forward in a manner that benefits all concerned

Transferences can be seen as factors that distort what is happening between people. It can be described as trying to look at someone through a window that has misted up. In order to see the other person clearly, the mist or transferences need to be cleared away.

### 4. Identifying an ideal way of operating and being together

When the 'transferences' have been cleared away and the possibility of moving forward has been identified, it is said that two people have established the basis of a "Real Relationship".

### 5. Achieving and maintaining an 'optimum' state

Once this process is fully understood, it becomes possible to create an 'Optimum State' anywhere, anytime, with anyone.  
A state where things are as close to an ideal as you could imagine or wish for.

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