



## The (W)hole Point Institute, LLC

### Basic PAIRing

Basic PAIRing™ (People Activating Intimate Relating) is specifically tailored for couples and singles who wish to deepen their relationship to one another by using The Wisdom WAY™ map and method.

In Basic PAIRing™ participants learn the basic tools of Imago Relationship Therapy (created by Harville Hendrix and adapted by Alaya Chadwick). By interweaving Imago with The Wisdom WAY™, students can then create their own intimacy pathway for their unique PAIR™. In particular, students will:

- Learn basic dialogue tools of Imago Relationship Therapy
- Learn the five “losing strategies” of relationship connections
- Learn how “holes” create a “controlled intimacy” space
- Learn the true risks in PAIRing™
- Learn the difference between facts, thoughts, and feelings
- Learn the three “intimacy touchstones”

In addition, students will have many opportunities to work on their own PAIRing™ relationship. With experienced and knowledgeable teachers and assistants, students are supported in

- Discovering what he/she does to avoid intimacy
- Using the tools to activate conscious partnering
- Uncovering how their intimacy space can become contaminated
- Reclaiming their own authentic presence in an intimate relationship

Basic PAIRing™ is a self-contained experience. It is grounded in The Wisdom WAY™ model; prior attendance at (W)hole Shop I is strongly recommended but is not required. A unique combination of visual imagery, personal stories, lectures, and exercises creates an environment that feels safe and welcoming and one that encourages curiosity as well as laughter.

Basic PAIRing™ is an experience that is profoundly enlightening. This intensive is offered over 2 days and is open to all couples, partners, and pairs (friends, co-workers, family members, etc.).