

# **RELATIONSHIPS: THE GOOD, THE BAD AND THE UGLY – AIMING FOR THE GOOD!**



***Led by Libby Williams***

***Saturday 20th June 2026, 10 .00am – 12.30 pm***

*(Coffee available from 9.30 am)*

**at Godalming Baptist Church,  
Queen Street, Godalming, Surrey GU7 1BA**

**Have you ever wondered why you relate to others the way you do?  
Come to this workshop to gain insights into your style of relating.**

Do you like to spend time with others, sharing everything, living entwined lives,  
and feel confused by those that want their own space?

Or perhaps you enjoy being independent, managing life and its challenges  
without needing to involve others so much?

Do other people's needs feel suffocating?

Or maybe you find people too complicated to know where to start?

Do you feel emotions intensely and communicate these freely to others,  
sometimes feeling misunderstood or like you're too sensitive?

Or perhaps you get accused of being numb, detached from life, as if you have a heart of stone?

Do you find yourself drawn to the 'wrong' kinds of people and wish you could understand why  
you keep making similar relational choices?

Come along to this workshop to understand the psychology of attachment theory and how our  
childhoods (including relational trauma) impact how we navigate life with others now.

This talk follows on well from Libby's previous one last year, on 'Trauma Being More Relevant to  
Life Than We Realise' – it turns out attachment theory is also highly relevant for everyone!

By the end of the workshop we will hopefully all understand ourselves and those around us a  
little better and be able to start to consider healthier ways of relating.

**Please reserve a place, with payment of £8, by contacting Sally Pollard  
email: [pollard3@hotmail.co.uk](mailto:pollard3@hotmail.co.uk), tel: 01483 428646, by Friday 12<sup>th</sup> June**