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Relational Self-Esteem Pot: A Satir Intervention in Family Therapy
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Abstract

This paper describes an experiential activity developed by the authors to apply Satir's "self-esteem pot" metaphor in a relational context. The relational version of the activity allows couples and families to experience how the self-esteem of each individual affects their shared communication and interactional patterns in their personal relationship.

This activity is designed as a process intervention to help couples and families become aware of their feelings about their interactions, understand their relational system, and make conscious choices in preference to their previous ones.

A case example of a mother and daughter experiencing conflict in their relationship is described in detail. Limitations of intervention are also discussed.