

# The Melanian Approach To Positive Family Ego Mass

The Melanian Approach is a totally fake, 100% made up, non-clinical method that can be used to help couples identify key Family Of Origin traits or behaviors that impact their relationships in positive or negative ways. After identifying these traits, couples can then choose which of those Family Of Origin traits they would like to foster in their relationships, and which traits they would like to avoid.

Again, totally making this up...

FOO traits that we like

FOO traits to avoid

