

From Keri Saunders O'Brien

Characteristics of *Mutual Relation* (as defined by psychologist Jean Baker Miller):

- a. Each person feels a greater sense of "zest."
- b. Each person feels more able to act and does act.
- c. Each person has a more accurate picture of her/himself and the other person(s).
- d. Each person feels a greater sense of worth.
- e. Each person feels more connected to the other person(s) and a greater motivation for connections with other people beyond those in the specific relationship.