



Navigating Romantic Relationships

*Confused or stuck in your relationships?
This 6-session group helps NUS students
understand your relationship patterns,
emotions, and attachment needs in a
safe, supportive space.*



Mondays:
**28 Sep, 5 Oct, 12 Oct,
19 Oct, 26 Oct & 2 Nov**



3.00 - 5.00pm



**University Counselling
Services**



**[Click here to indicate
your interest to join](#)**

Only shortlisted participants will be contacted

Eligibility criteria:

- NUS undergraduate or postgraduate students
- Have prior dating or relationship experience
- Open to students of all gender identities and sexual orientations
- Able to commit to attending all sessions
- Willing to engage in self-reflection and group discussions
- Please indicate during registration if your romantic partner is also signing up, to support screening and clear group boundaries. The group remains individual-based in structure and facilitation.

Also, this group is not suitable for students currently experiencing serious relationship crises, safety concerns (including abuse), severe emotional distress, untreated mental health issues, or those seeking couples therapy or active conflict resolution.

Grounded in Emotionally Focused Therapy (EFT), an attachment-informed approach that helps make sense of emotions and relationship patterns:

WEEK 1

How I Show Up in Relationships

WEEK 2

Understanding Emotions and Attachment Needs

WEEK 3

Mapping my Relational Patterns

WEEK 4

Creating Emotional Safety

WEEK 5

Breaking the Negative Interaction Cycle

WEEK 6

Moving Forward with Intention and Secure Connection