



# Navigating Romantic Relationships

*Confused or stuck in your relationships?  
This 5-session group helps NUS students  
understand their relationship patterns,  
emotions, and attachment needs in a  
safe, supportive space.*



**Wednesdays:**  
**4, 11, 18, & 25 Mar;  
1 Apr 2026**



**3.00 - 5.00pm**



**University Counselling  
Services (UHC Level 2)**



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

*Only shortlisted participants will be contacted*

## **Eligibility criteria:**

- **Full-time** 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 you learned to love.

### **WEEK 2**

Recognising the patterns you get stuck in.

### **WEEK 3**

What's underneath your reactions.

### **WEEK 4**

Listening, responding, and repairing with care.

### **WEEK 5**

Moving forward with clarity and secure connection.