



A Journey from T1 Relationships to Personal Freedom

Dr. Winston Collins

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T1 thinking is a self-destructive view of one's self and others. Numerous books discuss toxic relationships between two or more people; but T1 relationships, which are produced by T1 thinking, are unique because they involve injury to the "self" of all individuals involved. People with injured selves will maintain close relationships only with others who have an injured self. These relationships are fatally flawed and irreparable. The only relationship that can be repaired is the individual's relationship with her or himself, and only then can she or he recover the ability to develop healthy relationships with others. T1 thinking is a self-destructive perspective that children learn in the first few years of their lives from T1 thinking adults. It is a cycle that perpetuates itself and is a causal factor for many of modern society's ills including family dysfunction, substance abuse and depression. Dr. Winston Collins' book combines self-theory, psychodynamics, and spirituality to explain the psychological forces underlying troubled relationships between T1 partners, T1 family members, and other T1 associates. It goes on to teach a T1 thinker how to advance her or his recovery from this self-destructive thinking and achieve the personal freedom necessary for a happy and fulfilling life. Anyone involved in T1 relationships; people in recovery from any form of addiction; professionals in the mental health or drug/alcohol field; students of behavioral science, social work, and psychology; and members of the general public who want a better understanding of why people—including themselves—behave the way they do will find this book enlightening, moving, and liberating.

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