



The Relationship Masterclass

with Pablo Arani Ray

Duration: 75 Minutes | **Format:** Live Online Session | **Language:** English/Hindi

About the Masterclass

Every relationship tells a story but most of those stories are shaped by everything we've lived and learned along the way.

Every emotion you feel in your relationship today has roots that reach far beyond adulthood. In this 75-minute live masterclass, Mr Ray guides you through the origins of your emotional world from the earliest experiences of childhood to how those patterns now show up in love, communication and conflict.

Whether you're single, dating, or married, this session will help you understand why you react the way you do, what your attachment style reveals about your past, and how to start creating healthier emotional patterns in the present. Through awareness and guided insight, you'll learn how understanding yourself is the first step toward changing the way you connect.

What You'll Learn

1. The Emotional Beginning

How emotions transfer from parent to child and how the first fifteen years of life form the foundation of our beliefs, fears, and emotional patterns. How they show up in your relationship today.

2. Parenting vs. Providing

Understanding emotional presence versus material care and how both shape a child's sense of safety, self-worth and the ability to form secure relationships later in life.



3. Attachment Styles Explained

How *anxious*, *avoidant*, and *secure* attachment styles are formed with real life examples of how early interactions shape adult relationships and behaviors.

4. From Childhood to Adulthood

How unprocessed childhood emotions resurface in love, communication, and conflict and why we repeat or protect ourselves from familiar pain.

5. The Language of Love

How anxious and avoidant partners can understand, support, and communicate with each other more effectively and what emotional balance really looks like in practice.

6. The Pillars of a Healthy Relationship

Discover the key foundations of lasting connection:

- Emotional availability
- Conflict resolution
- Open communication
- Boundaries
- Loyalty
- Accountability
- Responsibility
- Pattern awareness & growth

Practical Takeaways

You'll leave with simple, actionable tools you can begin using right away:

- How to pause and reflect instead of reacting.
- How to recognize when childhood patterns are being triggered.
- How to communicate needs more clearly and listen without becoming defensive.
- How to begin breaking repetitive emotional cycles and respond with awareness



Who It's For

- Individuals or couples who find themselves repeating the same arguments or emotional patterns.
- Anyone curious about *why* relationships feel difficult despite love and effort.
- Those ready to understand themselves and their partner with compassion, not judgment.

By the End of the Session

You'll walk away with:

- ✓ A clearer understanding of your and your partner's behaviours, reactions and attachment style.
- ✓ Awareness of how childhood shaped your emotional world.
- ✓ Understanding of how to begin communicating and connecting more consciously.
- ✓ Inculcating compassion and patience in the relationship, for it to slowly mend or repair.

Facilitated by: *Pablo Arani Ray*

Counselling Psychologist & Relationship Counselor

Join this 75-minute live session to uncover the emotional science of love, uncover the roots of your reactions, heal hidden patterns, and begin creating relationships that feel safe, conscious, and deeply fulfilling.

Scan QR to Reserve Your Seat





Frequently Asked Questions

1. What is this masterclass about?

It's a 75-minute live online session hosted by therapist **Pablo Arani Ray**. The session helps you understand how childhood experiences, emotional wiring, and attachment styles shape the way you love, communicate, and connect in adult relationships. It's a space where you begin to see yourself and your relationship with new understanding.

2. Who can attend?

Anyone, whether single, dating, or married, who wants to understand themselves, their emotional patterns and build healthier relationships.

3. How will I receive the Zoom link?

Once your booking is confirmed on WhatsApp, our team will share the available dates.

You can choose your preferred date and language (English or Hindi). The Zoom link will be sent to you on confirmation of payment.

4. Is the Masterclass interactive?

No, the Masterclass is a guided learning experience where Mr. Ray speaks directly to the group, helping you reflect on your emotions and patterns in real time. Cameras and microphones stay off so you can listen, pause and take in the session privately at your own pace.

5. Will I receive recordings?

No. To protect the privacy and confidentiality of all participants, **recordings are not shared**.

6. What if I can't attend after booking?

You can reschedule once for any upcoming masterclass of the same type if you inform us at least **24 hours in advance**.

7. Who conducts the session?

The masterclass is facilitated by **Pablo Arani Ray**, a Counselling Psychologist who has conducted over 7,000 sessions globally, specializing in trauma, attachment, and relationship healing helping individuals build awareness, safety and stronger emotional connection.