A –You are not alone! Many people suffer embarrassment, misunderstanding and injustice from others; they are vulnerable to possessiveness, psychological tricks, threats, bullying and emotional blackmail, or even physical violence. Some fall into a set of habits that they think cannot be broken, get stuck in ruts unable to progress, and become hopeless of change. But you don't need to stay stuck. Intal will help you to develop skills that prevent unhealthy relationships developing in the first place, and show you how to interact to change a current relationship with minimal distress.