



## The Sacred Art of Relating Timetable

Archetypes   Yoga   Dreams   Meditation   Personality types  
Spirituality   Creativity   Mask   Therapy   Dance

Sunday 7 <sup>th</sup>		
1-1:20pm	Intro	
1:20pm-2pm	Warm up	With James
2pm-4pm	Intro to the SAVE relationships inventory	With Nic
4pm-5pm	Overview	
6pm-8pm	Group Dinner	
Monday 8 <sup>th</sup>		
7am – 8:30am	Yoga, pranayama & meditation	With James
8:30 – 10am	Breakfast	
10am-12:30pm	Therapeutic relationship exercises	With Nic
12:30pm-2:30pm	Lunch	
2:30pm-4pm	Transforming with the neutral mask	With James
4pm-5:30pm	Interface and inner space - The shared mask.	With Carla
5:30pm-6pm	Debrief	
Tuesday 9 <sup>th</sup>		
7am – 8:30am	Yoga	With Ketut
8:30 – 10am	Breakfast	
10am-12pm	Healing in Bali	With Ketut
12:30pm- 4pm	Exploring Relational space -5Rhythms®	With Tim
Wednesday 10 <sup>th</sup>		
7am – 9am	Zazen and Kinhin	With Hamid
9am – 10:30am	Breakfast	
10:30am-11:30am	Zen in therapy	With Hamid
11:30am-1pm	Stretching the persona	With James
1pm on	Free time with option to visit Anom the mask maker	
Thursday 11 <sup>th</sup>		
7am – 8:30am	Yoga, pranayama & meditation	With James
8:30am-10am	Breakfast	
10am-12pm	Image-in-ing together - The moving artist and the moved witness	With Carla
12pm-2pm	Lunch	
2pm-5:30m	Overview, Debrief & Closing	With Nic
Friday 12 <sup>th</sup>		
8am-2pm	White Water Rafting	
3pm-6pm	Water Blessing	

## The Sacred Art of Relating Manual

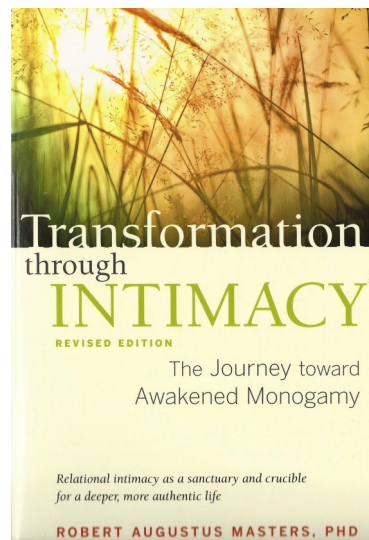
Bali Retreat 7-12 September 2014



A 6 day intensive Mindfulness-based retreat with  
Nic Morrey, Carla Van Laar, James Daley,  
Ketut Arsana, Hamid Ebadi, & Tim Stephenson

## Some Guidelines for deepening relational intimacy

- Make your connection a priority
  - Cultivate intimacy with all that you are
  - Allow everything to serve your healing, awakening and relational deepening
  - Do not allow your conditioning to make your choices
  - Don't confuse accepting your partner with accepting what he or she does
  - Don't let what is working in your relationship obscure what isn't
  - Share what is most difficult to communicate
  - Do not call the whole relationship into question when you are fighting or upset with your partner
  - Remember there is no such thing as a negative emotion
  - Trust your partner with your mistrust
  - Do not confuse fusion with intimacy
  - Do whatever it takes to de-numb
  - Choose to see from where in yourself a particular choice is emerging
  - Gaze at your partner with fresh eyes
  - When your mind is overactive, shift your attention from thinking to feeling
  - Give generously but don't over-give
  - Treat your relationship as a sacred adventure
  - Don't confuse your inner critic with your conscience
  - Relate to your reactivity rather than from it
  - Neither force nor avoid commitment
  - Remember that anger and love can coexist
  - Be vulnerable, finding a source of strength in your vulnerability
  - Remember that healthy challenge is not an attack, even when it is fiery
  - Don't let your strengths camouflage your weaknesses
  - Take conflict as an opportunity to grow, including when you don't want to
  - Remember that emotion and rationality work best when they work together
  - Remember that the more intimate we are with our pain, the less we suffer
  - Don't take your partner for granted
  - Breathe integrity into all that you do
  - Don't let the desire for harmony obstruct the stands you need to take
  - Embrace and protect the child in you without identifying with him or her
  - Keep making your connection a priority
  - Put no limit on how deep your relationship can go
  - Meditate
  - Deepen your emotional literacy
  - Don't delay saying you're sorry
  - Keep working on yourself
  - Don't tolerate disrespect
- 
- Transformation  
through



Notes:



## Ranking Your Emotional Needs

The ten basic emotional needs are listed below. There is also space for you to add other emotional needs that you feel are essential to your marital happiness.

In the space provided before each need, write a number from 1 to 5 that ranks the need's importance to your happiness. Write a 1 before the most important need, a 2 before the next most important, and so on until you have ranked your five most important needs.

To help you rank these needs, imagine that you will have only one need met in your marriage. Which would make you the happiest, knowing that all the others would go unmet? That need should be 1. If only two needs will be met, what would your second selection be? Which five needs, when met, would make you the happiest?

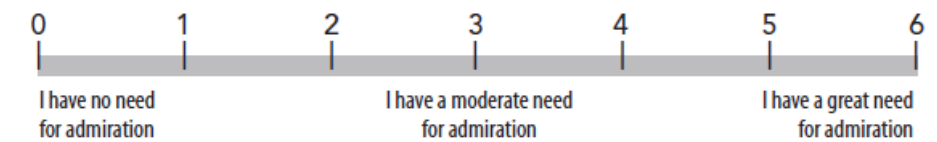
- \_\_\_\_\_ Affection
- \_\_\_\_\_ Sexual fulfillment
- \_\_\_\_\_ Intimate conversation
- \_\_\_\_\_ Recreational companionship
- \_\_\_\_\_ Honesty and openness
- \_\_\_\_\_ Physical attractiveness of spouse
- \_\_\_\_\_ Financial support
- \_\_\_\_\_ Domestic support
- \_\_\_\_\_ Family commitment
- \_\_\_\_\_ Admiration
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

- Doubt your doubts
- Remember that without attachment, there would be no compassion
- Instead of collapsing your boundaries to include your partner, expand then to include him or her
- Cease identifying with your inner critic
- If you're on egg shells with your partner, get off them
- Practice with the little blows, so that when the big blows come, they don't blow you away
- Don't keep your shadow in the dark
- Remember that in an intimate relationship, there is no plan B, no bypassing of feeling, no indulgence in disconnection
- Allow love and awareness to function as one
- Communicate with your partner with respect, even when you are angry at him or her
- Soften without losing your spine or dignity
- Listen until there is no self-conscious centre of hearing, but only listening
- Don't let your shame mutate into aggression (whether aimed at your partner or yourself)
- Turn toward your pain and difficulty, step by conscious step
- Instead of using sex to generate connection, let sex be an expression of already present, already established connection
- Do not get negative about your negativity
- When you fight, do so cleanly and with heart, until you are fighting for the relationship
- Remember that compassion that obstructs our capacity to confront is not really compassion, but only neurotic tolerance
- Do not shame your partner
- Stop eroticizing your wounds and distress
- Remember that our past remains present until we bring our awakened presence and compassion into it
- Allow your relationship with your partner to deepen your relationship with all that is
- Do not allow your anger to turn into aggression
- Look with compassion upon whatever is unhealed in you and your partner
- Take charge of your charge
- Do not allow your spirituality to distance you from your humanity
- When you lose touch with your partner, re-establish it as soon as possible
- Do not let resentment and guilt to take root
- Give yourself without giving yourself away
- Remember the deeper you dive, the less you will mind upsetting waves
- Release sex—and everything else—from the obligation to make you feel better
- Let your morality be a reminder to truly cherish your partner, remembering that avoiding death deadens us
- Practice being grateful when you least feel like doing so
- Open even when it hurts to open

- Make a note of what you will commit to *now*, in your present or future relationship.

**10. Admiration.** Being shown respect, value, and appreciation.

**A. Need for admiration:** Indicate how much you need admiration by circling the appropriate number.



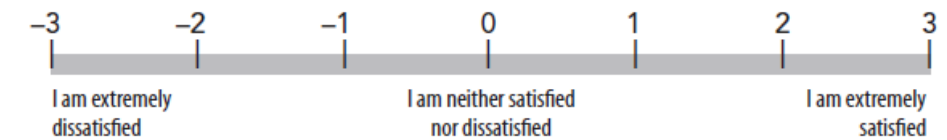
If or when your spouse *does not* admire you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy                      c. Neither happy nor unhappy  
b. Somewhat unhappy              d. Happy not to be admired

If or when your spouse does admire you, how do you feel? (Circle the appropriate letter.)

- a. Very happy                      c. Neither happy nor unhappy  
b. Somewhat happy              d. Unhappy to be admired

**B. Evaluation of spouse's admiration:** Indicate your satisfaction with your spouse's admiration of you by circling the appropriate number.



My spouse gives me all the admiration I need. ☐ Yes ☐ No

If your answer is no, how often would you like your spouse to admire you?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

I like the way my spouse admires me. ☐ Yes ☐ No

If your answer is no, explain how your need for admiration could be better satisfied in your marriage.

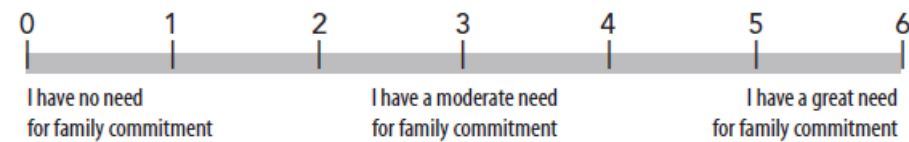


## The Purpose Of Romantic Love

### Emotional Needs Questionnaire

#### 9. Family commitment. Provision for the moral and educational development of your children within the family unit.

##### A. Need for family commitment: Indicate how much you need family commitment by circling the appropriate number.



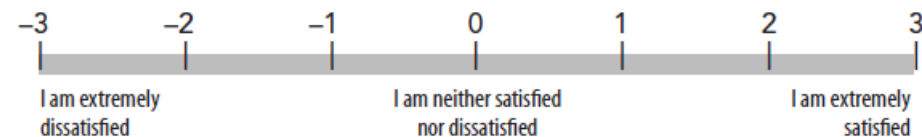
If or when your spouse *is not* willing to provide family commitment, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy he or she is not involved

If or when your spouse provides family commitment, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy he or she is involved in the family

##### B. Evaluation of spouse's family commitment: Indicate your satisfaction with your spouse's family commitment by circling the appropriate number.



My spouse commits enough time to the family. ☐ Yes ☐ No

If your answer is no, how often would you like your spouse to join in family activities?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

\_\_\_\_\_ (write number) hours each day/week/month (circle one).

I like the way my spouse spends time with the family. ☐ Yes ☐ No

If your answer is no, explain how your need for family commitment could be better satisfied in your marriage.

Why do you fall in love with particular people? According to Imago theory, you seek to recreate the conditions of your childhood so that you can use your adult competence to complete your developmental tasks and grow up — in other words, to finish your childhood. As Ben Hecht said, "Love is the magician that pulls a man out of his own hat."

Three things make you fall in love:

1. You are driven to recreate the relational conditions of your childhood by bonding with someone who is sufficiently similar to your childhood carers — an "Imago match". You will tend to fall in love with someone who matches an unconscious profile made up of positive and negative characteristics of your childhood carers. This profile is the "imago" (Latin for image, in the sense of likeness or resemblance).
2. You tend to fall in love with someone who has the same wound but a different defence — the fundamental need is the same, but one will openly acknowledge it while the other will deny it. Imago therapists often find couples who are in some significant way complementary — introversion and extroversion, blame and guilt, anger and sadness, control and submission, anxiety and stoicism, or logic and intuition.
3. You tend to be attracted to partners who exhibit aspects of your lost selves, the innate aspects of your personality of which you are not conscious. If you have a partner who carries the lost parts of yourself, you are effectively reclaiming your lost parts by proxy.

Generally, one partner will be a "minimizer", holding their energy in to deal with anxiety by themselves (predominantly using the avoider, isolator, compulsive controller, or competitor adaptations), and the other will be a "maximizer", directing their energy outwards to deal with anxiety through contact with others (predominantly using the clinger, pursuer, diffuser, or compromiser adaptations). With adaptations from the latter stages of development (concern and intimacy), things are more fluid. For instance, it is not uncommon to find a couple in which the rebel is the maximiser and the conformist is the minimiser. Within such a relationship, the partners may frequently swap those roles between them — if the rebel conforms the conformist may rebel.

If you are a maximizer, you need to learn to be able to do something that minimizers can do (turn your energy inward to deal with anxiety by yourself), and vice versa.

For instance, a girl reacted to her parents' arbitrary and unjust authority by protesting and rebelling (maximizer), and a boy reacted to his parents' similar authority by withdrawing into himself and containing his resentment (minimizer). When they fell in love with each other as adults, they each offered the other an example of a different adaptation, which if integrated, could offer them both choice in how to deal with anxiety and disappointment, and therefore may bring liberation from rigid adaptations. If you and your partner can do this, you can each complete a developmental stage.

Typically, you and your partner will be seeking to complete the same stage (or adjacent stages), so you may be an avoider holding off a clinger, a distancer running from a pursuer, a controller dominating a diffuser, or a competitor trying to outdo a compromiser.

If you and your partner drive each other nuts, you are probably made for each other! (Sounds crazy, doesn't it?)



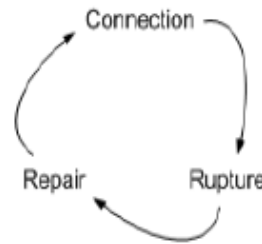
## How Does Romantic Love Go Wrong?

Your romantic relationships will typically progress through two distinct phases —

1. The "romantic phase": you have an expectation of need fulfilment and a euphoric feeling of completeness when your partner supplies the lost parts of yourself. Cupid shoots a dose of Phenylethylamine directly into your brain. You feel like the darling child in an ideal family.
2. The "power struggle": you come to hate what you fell in love with — "You're so exuberant and alive!" becomes, "Can't we have a rational conversation without you getting hysterical?!" Your powerful expectations of need fulfilment are inevitably not met. The shift from romance to power struggle tends to begin when you make a firm commitment to the relationship. Your unarticulated expectation is — "now my partner will magically meet all of my needs and love me like my parents never did!" When this doesn't happen, it seems as if your partner is deliberately withholding gratification, so you may have a natural impulse to retaliate.

A typical power struggle cycle might go like this —

- He is quiet; she experiences this as withdrawal.
- She tries to get a response; he experiences this as nagging.
- He walks away; she experiences this as abandonment.
- She explodes in rage; he experiences this as an attack.
- He fights back... and it all ends in tears and resentment.



The problem is not the rupture but the failure to reconnect. The conflict is not a fundamental threat to your relationship, the threat is your inability to repair the rupture and get back to intimate connection.

What usually happens in the absence of vulnerability and empathy is you try to control your partner to get what you want. Have you ever used behaviours like threatening, withholding affection, being sarcastic, cold, criticising, attacking, moping, blaming, or shaming to punish and hurt your partner into loving you right? That can succeed in intimidating your partner into complying with your wishes (although it generally doesn't work very well), but it's hardly a loving and compassionate way to be.

You may be trying to get your partner to understand your pain by inflicting something similar on them. This dramatically increases the amount of pain in your relationship, guaranteeing that you will get the opposite of what you want and need.

### What Can A Couple Do To Have A Loving And Fulfilling Relationship?

The alternative to a power struggle is to compassionately ask for what you need and to empathically give what your partner needs, in other words, to consciously collaborate with your unconscious purpose to overcome your childhood adaptations. Imago therapy teaches you how to do this, in safety, and with respect.

This may bring you to the third stage of an intimate relationship. The first stage (romantic love), is when you want the other person. The second (the power struggle), is when you want the other person to satisfy you. The third, "real love", is when you want what is best for the other person.

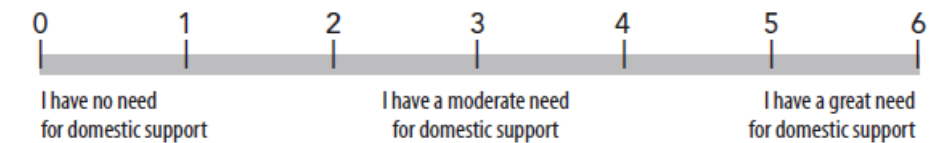
For every negative interaction, you need five positive interactions to restore balance. In other words, if your relationship is 80% good, the 20% that is not good will tend to dominate your experience. Often the hardest part of addressing this balance is accepting the gifts that your partner has to offer.

Harville Hendrix, PhD, and Helen LaKelly Hunt, PhD.

## Emotional Needs Questionnaire

8. **Domestic support.** Management of the household tasks and care of the children—if any are at home—that create a home environment that offers you a refuge from stress.

**A. Need for domestic support:** Indicate how much you need domestic support by circling the appropriate number.



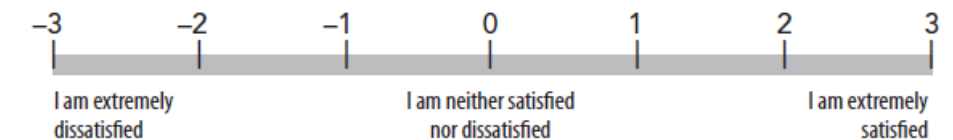
If your spouse *is not* willing to provide you with domestic support, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy not to have domestic support

If or when your spouse provides you with domestic support, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to have domestic support

**B. Evaluation of spouse's domestic support:** Indicate your satisfaction with your spouse's domestic support by circling the appropriate number.



My spouse provides me with all the domestic support I need.

☐ Yes ☐ No

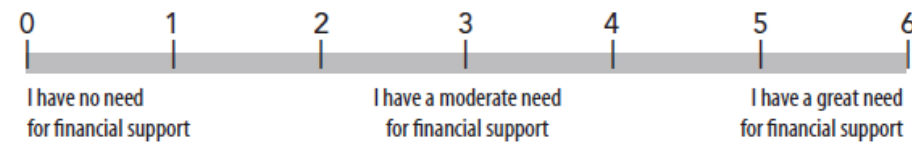
I like the way my spouse provides domestic support.

☐ Yes ☐ No

If your answer is no to either of the above questions, explain how your need for domestic support could be better satisfied in your marriage.

**7. Financial support.** Provision of the financial resources to house, feed, and clothe your family at a standard of living acceptable to you.

**A. Need for financial support:** Indicate how much you need financial support by circling the appropriate number.



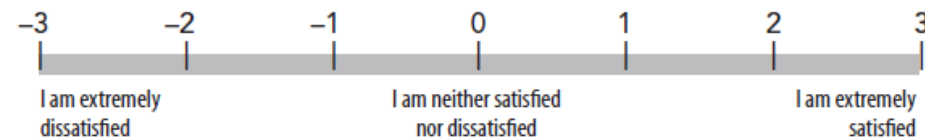
If or when your spouse is *not* willing to support you financially, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy not to be financially supported

If or when your spouse supports you financially, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to be financially supported

**B. Evaluation of spouse's financial support:** Indicate your satisfaction with your spouse's financial support by circling the appropriate number.



How much money would you like your spouse to earn to support you?

How many hours each week would you like your spouse to work?

If your spouse is not earning as much as you would like, is not working the hours you would like, does not budget the way you would like, or does not earn an income the way you would like, explain how your need for financial support could be better satisfied in your marriage.

There are five basic tasks in Imago relationship therapy —

- **Re-imagining** your partner as a wounded child.
- **Re-romanticizing** your relationship, through things like appreciations, caring, fun, and pleasurable surprises.
- **Restructuring** your frustrations through converting complaints to requests.
- **Resolving** your rage.
- **Re-visioning** your relationship as a source of safety, fulfilment, and joy.

## 1. The Connection

### Is your relationship primed for romance?

(1) Answer the following true false questions.

- |   |        |
|---|--------|
| 1. We enjoy doing small things together, like folding laundry or watching TV.         | T or F |
| 2. I look forward to spending my free time with my partner.                           | T or F |
| 3. At the end of the day my partner is glad to see me.                                | T or F |
| 4. My partner is usually interested in hearing my views.                              | T or F |
| 5. I really enjoy discussing things with my partner.                                  | T or F |
| 6. My partner is one of my best friends.  | T or F |
| 7. I think my partner would consider me a very close friend.                          | T or F |
| 8. We just love talking to each other.  | T or F |
| 9. When we go out together, the time goes very quickly.                               | T or F |
| 10. We always have a lot to say to each other.  | T or F |
| 11. We have a lot of fun together.  | T or F |
| 12. We are spiritually very compatible.   | T or F |
| 13. We tend to share the same basic values.   | T or F |
| 14. We like to spend time together in similar ways                                    | T or F |
| 15. We really have a lot of common interests.   | T or F |
| 16. We have many of the same dreams and goals.  | T or F |
| 17. We like to do a lot of the same things.   | T or F |
| 18. Even though our interests are somewhat different, I enjoy my partner's interests. | T or F |
| 19. Whatever we do together, we usually tend to have a good time.                     | T or F |
| 20. My partner tells me when he or she has had a bad day.                             | T or F |

(2) 10 and above is good. 10 and below shows improvement is needed.

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Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).



## 2. The Rupture

### Predicting the couple break up

When the studies couples were in Gottman's 'Love Lab', he asked them to argue and resolve a conflict. Findings show that it is not if they argue but how they argue that makes the difference in the relationship. Four signs of possible relational problems/divorce:

1. **Harsh startup** - i.e. how discussions (especially emotion-laden topics) are started. Harsh startup are those conversation start-ups laden with criticism and sarcasm - which are forms of contempt.

2. **Four horsemen of the apocalypse**: they are toxic to a relationship

a. **Criticism** – instead of a specific complaint (about a given action or situation): better to *complain* about the action as opposed to criticize the person for who the person is. Saying: “what’s wrong with you” is a great way to build your divorce.

b. **Contempt**: sarcasm and cynicism are examples of contempt and do wonders towards your divorce! It is even bad for your immune system! Contempt can be seen in things like rolling eyes, sneering, mockery and hostile humour. Contempt is the most poisonous to a relationship than any other “horsemen”. Sometimes, contempt is offered in the guise of high “moral” standards. Contempt also affects the couple’s immune system. Belligerence is similar to contempt. Contempt is fuelled by long-standing negative thoughts.

a. **Defensiveness**: explaining/defending oneself in light of attack actually does not have the desired effect, as it tends to have an underlying blaming counter-attack, such as in: “it’s not me, it is actually you”.

b. **Stonewalling**: one of the partners eventually tunes out, after the aforementioned issues - because s/he is overwhelmed. No non-verbal cues of listening are given. It gives a message of “I do not care”. In 85% of cases, the stonewall-er is the husband, usually for evolutionary reasons, as the man’s physiological stress systems are more reactive and take longer to calm down, while women can soothe themselves calm faster. Women can physiologically calm down faster, and men’s physiology will more likely than women only calm itself down independently, after retaliatory action.

3. **Flooding**: people stonewall to protect against flooding response to harsh startups or the Four Horsemen. Flooding is the defenceless, shell-shocked feeling after the barrage of criticisms, contempt or defensiveness. People in such states become hyper-vigilant that spouse is “just about to blow at me again”. This state of mind, only reflexive responses could be expected due to the physiological “fight-or-flight” state of the flooded partner. Only if the above factors are a routine occurrence is the marriage in dire straits. The occasionally flooding can be tolerated by a stable relationship.

4. **Body language**: physiological changes during flooding (i.e. endocrine, heart-rate) can predict divorce for two reasons: 1) distress when dealing with the other; 2) hard to have a productive problem-solving discussion when distressed.

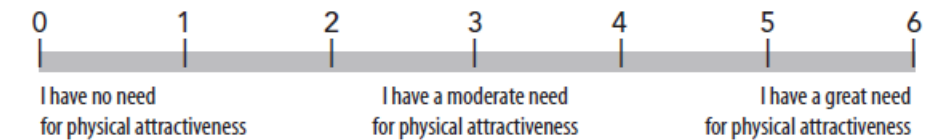
5. **Failed repair attempts**: emotional repairs lower stress levels and conflict. But if the repair attempts fail to avoid the flooding stage of conflict, then the couple is likely to have relational difficulties. i.e. when the *four horsemen* rule the pattern of the couple’s communication, then repair attempts are often not even noticed. Feedback loop: the more “four horsemen”, the more flooding, and then repair attempts are not noticed, until eventually the partner withdraws. Positive sentiment override predicts the success of repair attempts. *Four horsemen* predict divorce by 82%. Add in the failed-repair attempts, and prediction percentage runs in the 90s. On the other hand, having the *four horsemen*, but with successful *repair attempts*, a stable relationship is likely. But when *four horsemen* moved in for good, repair attempts are incredibly hard to attempt, accept or even notice.

6. **Bad memories**: when past is re-written in a negative hue, divorce chances really go up! i.e. do you gain strength or negativity from the adversity that you weathered together. How people frame the situation could lead to further negativity or positivity or reasonability, etc.... When the couple has negatively re-written their relationship, they are at the end stage of their marriage. They could talk calmly (i.e. distantly!!!!) about their conflict. They may appear like they are doing relatively well. This calm is not to say that their conflicts were superficial, but that the couple has emotionally divorced! But such relationships could be salvaged too, i.e. not only by the communication (i.e. startups, horsemen issues) and effective repairing, but also by increasing friendship -i.e. improving things too when the couple is not fighting.

### Emotional Needs Questionnaire

6. **Physical attractiveness**. Viewing physical traits of the opposite sex that are aesthetically and/or sexually pleasing.

A. **Need for physical attractiveness**: Indicate how much you need physical attractiveness by circling the appropriate number.



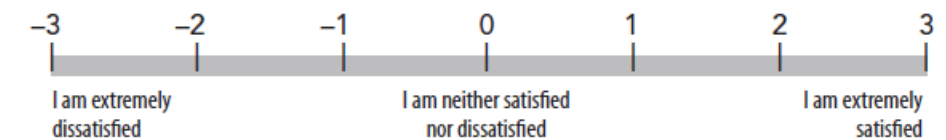
If or when your spouse *is not* willing to make the most of his or her physical attractiveness, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy he or she does not make an effort

When your spouse makes the most of his or her physical attractiveness, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to see him or her make an effort

B. **Evaluation of spouse’s attractiveness**: Indicate your satisfaction with your spouse’s attractiveness by circling the appropriate number.



In which of the following characteristics of attractiveness would you like to see improvement from your spouse? (Circle the letters that apply.)

- a. Physical fitness and normal weight  
b. Attractive choice of clothes  
c. Attractive hairstyle  
d. Good physical hygiene  
e. Attractive facial makeup  
f. Other \_\_\_\_\_

If you circled any of the above, explain how your need for physical attractiveness could be better satisfied in your marriage.

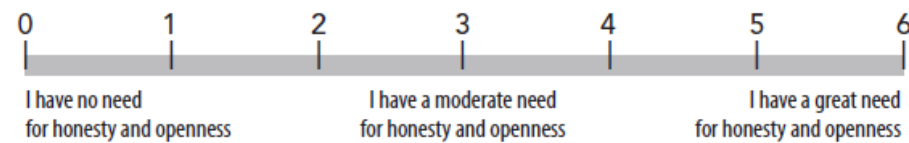


## The Love Lab

### Emotional Needs Questionnaire

5. **Honesty and openness.** Truthful and frank expression of positive and negative feelings, events of the past, daily events and schedule, and plans for the future; not leaving a false impression.

**A. Need for honesty and openness:** Indicate how much you need honesty and openness by circling the appropriate number.



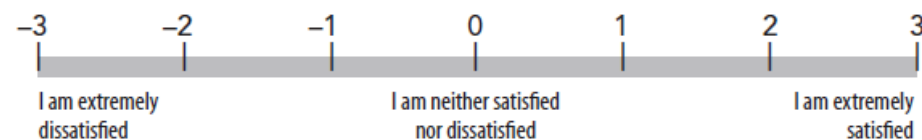
If or when your spouse *is not* open and honest with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy that my spouse isn't honest and open

If or when your spouse *is* open and honest with you, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy that my spouse is honest and open

**B. Evaluation of spouse's honesty and openness:** Indicate your satisfaction with your spouse's honesty and openness by circling the appropriate number.



In which of the following areas of honesty and openness would you like to see improvement from your spouse? (Circle the letters that apply to you.)

- a. Sharing positive and negative emotional reactions to significant aspects of life  
b. Sharing information regarding his/her personal history  
c. Sharing information about his/her daily activities  
d. Sharing information about his/her future schedule and plans

If you circled any of the above, explain how your need for honesty and openness could be better satisfied in your marriage.

John Gottman (et al) made a "Love Lab" where they studied couples (recorded, physiologically monitored, etc.). They devised a 91% successful way of predicting divorce – which can be observed with a 5 minute observation. Based on empirical studies, Gottman claims that couples therapy will not work long term because often, the essential ingredients are not tapped into. In *emotionally intelligent marriages*, a dynamic is established where negative thoughts and feelings are kept from overwhelming the positive ones.

#### Stats:

Over 40 year period, 67% of first marriages will break up. Half of divorces occur within the first 7 years. People who stay married live 4 years longer. Bad marriages lead to physiological and psychological stresses, and thus consequences (i.e. increase in: high blood pressure, heart disease, anxiety, depression, suicide, violence, psychosis, homicide, substance abuse). Immune system gets depressed because in divorcees. Heightened marital stress also has an effect on the children's physiology and their behaviours. A peaceful divorce is better than an hostile marriage.

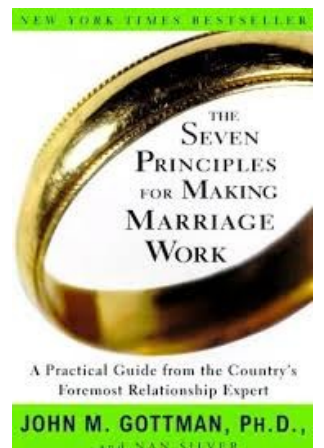
Self-reports are seen by Gottman as erroneous. i.e. abused women will indicate that they are happy. But when interviewed one-on-one, in a setting which they feel safe, their agony is revealed.

Gottman tries to follow up with his research couples in the long-term.

Gottman claims that working on communication and/or conflict resolution does not lead to happier marriages. The commonly advised "I" statements, "active listening", validation and empathy may be helpful, but it is not necessarily the decisive factor in a couple's relationship's improvement. Conflict resolution is not the decisive factor as happily married couples may have a lot of conflict, and may not validate when angry at each other. Rather it is the positive sentiments overriding the negative ones.

#### Myths

1. **neurosis or personality problems ruin marriage:** not true: we all have quirks! It is how you deal with them.
2. **common interests keep people together:** it may or may not be true – but it is all in the "how" you do things together.
3. **reciprocity keeps a good relationship:** WRONG!!!! It is reciprocity – i.e. keeping a tab on things – which is BAD for the relationship. Instead: the happy couples just do thing because they feel happy about the relationship.
4. **Avoiding conflict will ruin your marriage:** saying tough things "as is" and not saying those tough things (i.e. "putting things under the rug") are polar positions, and both not necessarily good or bad. It is whether both partners are satisfied with the pervasive approach.
5. **Affairs are the root causes of divorce:** not true! Affairs happen because there is a problem in the relationship. The relational problems which send people into divorce also send people into affairs. Affairs are usually about sex. 20-27% of surveyed divorcees said that an affair was even partially to blame for the divorce.
6. **Men are not biologically built for marriage:** it is more complex: the statistics show that the more that women enter the workforce, the more they have affairs to the equal extent to men.
7. **Men and women are from different planets:** i.e. "men are from Mars and women are from Venus" – is the famous phrase. Gender differences may contribute to marriage difficulties, but do not cause them. There are underlying common factors which both genders want from a relationship: 70% of both men and women said that friendship is the key to satisfying relationship, and much is affected by it (i.e. sex, romance, passion).



## 2. The Rupture...continued

### Harsh Startup Questionnaire

(1) Answer the following true false questions.

- |  |      |       |
|--|------|-------|
| 1. My partner is often very critical of me.                      | True | False |
| 2. I hate the way my partner raises an issue.                    | True | False |
| 3. Arguments often seem to come out of nowhere.                  | True | False |
| 4. Before I know it, we are in a fight                           | True | False |
| 5. When my partner complains, I feel picked on.                  | True | False |
| 6. I seem to always get blamed for issues.                       | True | False |
| 7. My partner is negative all out of proportion.                 | True | False |
| 8. I feel I have ward off personal attacks.                      | True | False |
| 9. I often have to deny charges level at me.                     | True | False |
| 10. My partner's feelings are too easily hurt                    | True | False |
| 11. What goes wrong is often not my responsibility.              | True | False |
| 12. My partner criticizes my personality.                        | True | False |
| 13. Issues get raised in an insulting manner.                    | True | False |
| 14. My partner will at times complain in a smug or superior way. | True | False |
| 15. I have just about had it with the negativity between us.     | True | False |
| 16. I feel basically disrespected when my partner complains.     | True | False |
| 17. I just want to leave the scene when complaints arise.        | True | False |
| 18. Our calm is suddenly shattered.                              | True | False |
| 19. I find my partner's negativity unnerving and unsettling.     | True | False |
| 20. I think my partner can be totally irrational.                | True | False |

(2) Scoring: Give yourself one point for each true answer. 5 Points or more this is an area that needs work in your relationship. 5 Points or below this is an area of weakness.

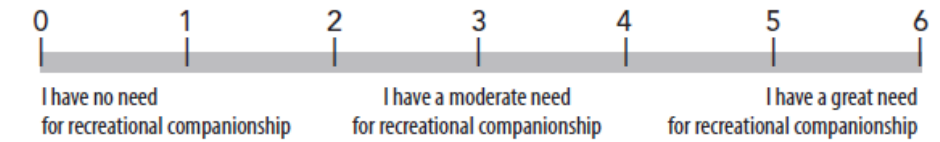
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Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

### Emotional Needs Questionnaire

4. **Recreational companionship.** Leisure activities with at least one other person.

**A. Need for recreational companionship:** Indicate how much you need recreational companionship by circling the appropriate number.



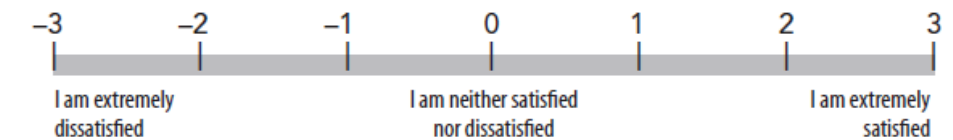
If or when your spouse *is not* willing to join you in recreational activities, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy not to have my spouse join me

If or when your spouse joins you in recreational activities, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to have my spouse join me

**B. Evaluation of recreational companionship with your spouse:** Indicate your satisfaction with your spouse's recreational companionship by circling the appropriate number.



My spouse joins me in recreational activities as often as I need.

☐ Yes ☐ No

If your answer is no, how often would you like your spouse to join you in recreational activities?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

\_\_\_\_\_ (write number) hours each day/week/month (circle one).

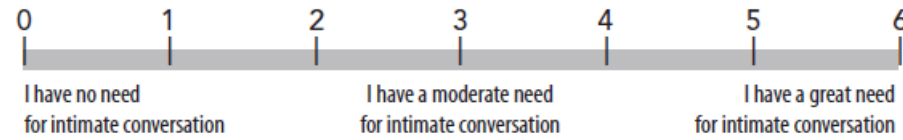
I like the way my spouse joins me in recreational activities. ☐ Yes ☐ No

If your answer is no, explain how your need for recreational companionship could be better satisfied in your marriage.



### 3. Intimate conversation. Talking about feelings, topics of personal interest/opinions, and plans.

#### A. Need for intimate conversation: Indicate how much you need intimate conversation by circling the appropriate number.



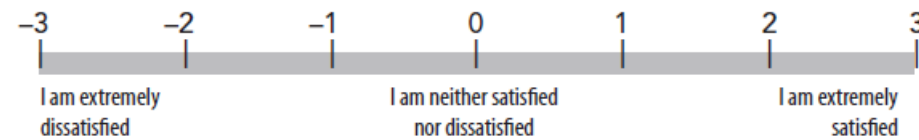
If or when your spouse is not willing to talk with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy not to talk

If or when your spouse talks to you, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to talk

#### B. Evaluation of intimate conversation with your spouse: Indicate your satisfaction with your spouse's intimate conversation with you by circling the appropriate number.



My spouse talks to me as often as I need. ☐ Yes ☐ No

If your answer is no, how often would you like your spouse to talk to you?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

\_\_\_\_\_ (write number) hours each day/week/month (circle one).

I like the way my spouse talks to me. ☐ Yes ☐ No

If your answer is no, explain how your need for intimate conversation could be better satisfied in your marriage.

### Predictors of Relationship Failure

As a result of studying hundreds of couples over several years, psychologist John Gottman claims he can predict divorce with 91% accuracy. However, there are many myths about relationship red flags.

#### Disaster Detectors

Directions: Mark any of the behavior patterns below that you think are signs of troubled twosomes.

- ☐ 1. The inability to resolve conflicts and a lack of important communication skills.
- ☐ 2. Partners avoid conflicts altogether.
- ☐ 3. A partner(s) has emotional or personality problems.
- ☐ 4. Partners have different values, goals, and interests.
- ☐ 5. A partner makes complaints about tasks that were not done — *I wish you had ...*
- ☐ 6. A partner blames or criticizes — *You are so ...: What's wrong with you?*
- ☐ 7. Discussions start off with criticism, sarcasm, or contempt (*harsh start-ups*).
- ☐ 8. A partner expresses contempt with name-calling, eye-rolling, sneering, and hostility.
- ☐ 9. A partner defends him- or herself with explanations, excuses, and reassurances.
- ☐ 10. One partner *stonewalls* the other's attempts to talk by looking away, acting deaf, or leaving.
- ☐ 11. During disagreements, one partner becomes physically flooded — heart races or sweats.
- ☐ 12. Negative thoughts about partners outweigh the positive.
- ☐ 13. A partner(s) has mostly negative memories of dating, their wedding, or first year together.

Fortunately, the first five patterns are common in many good relationships. Most marital conflicts do not get resolved. While skillful communication can come in handy, it cannot save a marriage. A couple may avoid conflicts or be prizefighters, as long as they have similar styles for handling disputes. Mates can accommodate each other's eccentricities when they make their quirks mesh and not clash. Values, goals, and interests can be different, but partners need to know and support each other's pursuits.

### Your Last Argument

(1) Answer the following questions about the last argument you had.

During this argument I felt:

1. Defensive	A Great Deal	Definitely	A Little	Not At All
2. Hurt	A Great Deal	Definitely	A Little	Not At All
3. Angry	A Great Deal	Definitely	A Little	Not At All
4. Sad	A Great Deal	Definitely	A Little	Not At All
5. Misunderstood	A Great Deal	Definitely	A Little	Not At All
6. Criticized	A Great Deal	Definitely	A Little	Not At All
7. Worried	A Great Deal	Definitely	A Little	Not At All
8. Righteously indignant	A Great Deal	Definitely	A Little	Not At All
9. Unappreciated	A Great Deal	Definitely	A Little	Not At All
10. Unattractive	A Great Deal	Definitely	A Little	Not At All
11. Disgusted	A Great Deal	Definitely	A Little	Not At All
12. Disapproving	A Great Deal	Definitely	A Little	Not At All
13. Like leaving	A Great Deal	Definitely	A Little	Not At All
14. Like my opinion didn't matter	A Great Deal	Definitely	A Little	Not At All
15. I had no idea what I was feeling	A Great Deal	Definitely	A Little	Not At All
16. Lonely	A Great Deal	Definitely	A Little	Not At All

What Triggered These Feelings?

1. I felt excluded	A Great Deal	Definitely	A Little	Not At All
2. I was not important to my partner	A Great Deal	Definitely	A Little	Not At All
3. If felt cold toward my partner	A Great Deal	Definitely	A Little	Not At All
4. I definitely felt rejected	A Great Deal	Definitely	A Little	Not At All
5. I was criticized	A Great Deal	Definitely	A Little	Not At All
6. I felt no affection toward my partner	A Great Deal	Definitely	A Little	Not At All
7. I feel unattracted	A Great Deal	Definitely	A Little	Not At All
8. My sense of dignity was being compromised	A Great Deal	Definitely	A Little	Not At All
9. My partner was being domineering	A Great Deal	Definitely	A Little	Not At All
10. I couldn't persuade my partner at all.	A Great Deal	Definitely	A Little	Not At All

### 3. The Repair

(2) This recent argument was rooted in: (Circle all that apply)

- The way I was treated in my family growing up.
- A previous relationship
- Past injuries, hard times, or traumas I've suffered
- My basic fears and insecurities
- Things and events I have not yet resolved or put aside.
- Unrealized hopes I have
- Ways other people treated me in the past
- Things I have always thought about myself
- Old "nightmares" or "catastrophes" I have worried about.

(3) Hopefully an honest look at these questions help you to realize that your perspective on an argument may be different from that of your partner. It is natural to make the fundamental error of believing that the fight is your partner's fault. To break the pattern, you both need to admit, some role (however slight at first) in creating the conflict. Circle the following statements that apply and the degree to which the statement does.

- |     |   |                 |                |
|-----|---|-----------------|----------------|
| 1.  | I have been very stressed and irritable lately.                 | Yes, Definitely | Maybe a Little |
| 2.  | I have not expressed much appreciation toward my partner lately | Yes, Definitely | Maybe a Little |
| 3.  | I have been overly sensitive lately                             | Yes, Definitely | Maybe a Little |
| 4.  | I have been overly critical lately                              | Yes, Definitely | Maybe a Little |
| 5.  | I have not shared very much of my inner world.                  | Yes, Definitely | Maybe a Little |
| 6.  | I have been depressed lately                                    | Yes, Definitely | Maybe a Little |
| 7.  | I would say that I have a chip on my shoulder                   | Yes, Definitely | Maybe a Little |
| 8.  | I have not been very affectionate.                              | Yes, Definitely | Maybe a Little |
| 9.  | I have not been a very good listener lately                     | Yes, Definitely | Maybe a Little |
| 10. | I have been feeling a bit like a martyr.                        | Yes, Definitely | Maybe a Little |
| (4) | Answer the following questions.                                 |                 |                |

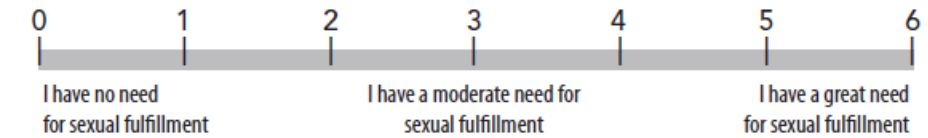
1. Overall my contribution to this mess was:

2. How can I make this better in the future?

#### Emotional Needs Questionnaire

2. **Sexual fulfillment.** A sexual experience that is predictably enjoyable and frequent enough for you.

**A. Need for sexual fulfillment:** Indicate how much you need sexual fulfillment by circling the appropriate number.



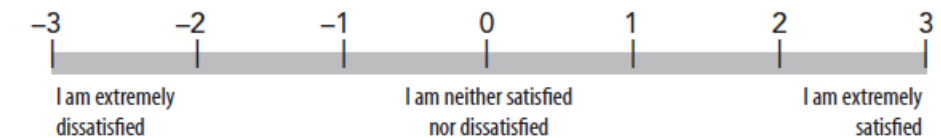
If or when your spouse *is not* willing to engage in sexual relations with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy      c. Neither happy nor unhappy  
b. Somewhat unhappy      d. Happy not to engage in sexual relations

If or when your spouse engages in sexual relations with you, how do you feel? (Circle the appropriate letter.)

- a. Very happy      c. Neither happy nor unhappy  
b. Somewhat happy      d. Unhappy to engage in sexual relations

**B. Evaluation of sexual relations with your spouse:** Indicate your satisfaction with your spouse's sexual relations with you by circling the appropriate number.



My spouse has sexual relations with me as often as I need. ☐ Yes ☐ No

If your answer is no, how often would you like your spouse to have sex with you?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

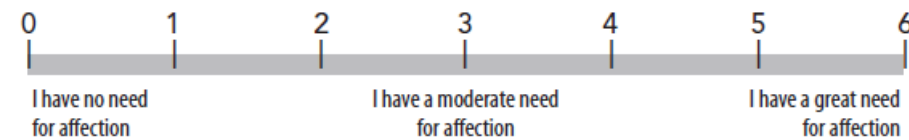
I like the way my spouse has sexual relations with me. ☐ Yes ☐ No

If your answer is no, explain how your need for sexual fulfillment could be better satisfied in your marriage.



1. **Affection.** The nonsexual expression of care through words, cards, gifts, hugs, kisses, and courtesies; creating an environment that clearly and repeatedly expresses care.

**A. Need for affection:** Indicate how much you need affection by circling the appropriate number.



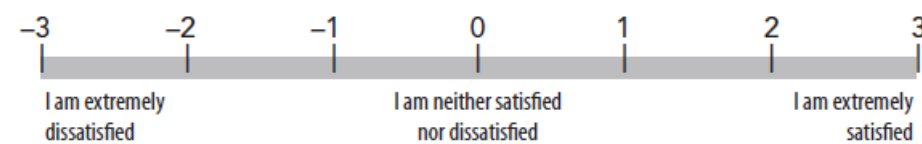
If or when your spouse is *not* affectionate with you, how do you feel? (Circle the appropriate letter.)

- a. Very unhappy c. Neither happy nor unhappy  
b. Somewhat unhappy d. Happy not to be shown affection

If or when your spouse is affectionate to you, how do you feel? (Circle the appropriate letter.)

- a. Very happy c. Neither happy nor unhappy  
b. Somewhat happy d. Unhappy to be shown affection

**B. Evaluation of spouse's affection:** Indicate your satisfaction with your spouse's affection toward you by circling the appropriate number.



My spouse gives me all the affection I need. ☐ Yes ☐ No

If your answer is no, how often would you like your spouse to be affectionate with you?

\_\_\_\_\_ (write number) times each day/week/month (circle one).

I like the way my spouse gives me affection. ☐ Yes ☐ No

If your answer is no, explain how your need for affection could be better satisfied in your marriage.

## Repair Attempts Questionnaire

(1) Answer the following true false questions.

During our attempts to resolve conflicts:

1. We are good at taking breaks when we need them. **True or False**
2. My partner usually accepts my apologies. **True or False**
3. I can say that I am wrong. **True or False**
4. I am pretty good at calming myself down. **True or False**
5. We can maintain a sense of humor. **True or False**
6. When my partner says we should talk to each other in a different way it usually makes a lot of sense. **True or False**
7. My attempts to repair our discussions when they get negative are usually effective. **True or False**
8. We are pretty good listeners even when we have different positions on things. **True or False**
9. If things get heated, we can usually pull out of it and change things. **True or False**
10. My partner is good at soothing me when I am upset. **True or False**
11. I feel confident that we can resolve most issues between us. **True or False**
12. When I comment on how we could communicate better my partner listens to me. **True or False**
13. Even if things get hard at times I know we can get past our differences. **True or False**
14. We can be affectionate even when we are disagreeing. **True or False**
15. Teasing and humor usually work to get my spouse over negativity. **True or False**
16. We can start all over again and improve our discussion when we need to. **True or False**
17. When emotions run hot, expressing how upset I feel makes a real difference. **True or False**
18. We can discuss even big differences between us. **True or False**
19. My partner expresses appreciation for nice things I do. **True or False**
20. If I keep trying to communicate it will eventually work. **True or False**

(2) A point for each true answer. 6 Points and above is good. 6 points and below indicates a problem.

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

## The Repair... continued

### “I Appreciate...”

- (1) Circle three items that you think are characteristics of your partner. Circle just three. (You can do the exercise over again with a different three if you want to).

- |                  |                     |                   |                    |
|------------------|---------------------|-------------------|--------------------|
| 1. Loving        | 2. Sensitive        | 3. Brave          | 4. Intelligent     |
| 5. Thoughtful    | 6. Generous         | 7. Loyal          | 8. Truthful        |
| 9. Strong        | 10. Energetic       | 11. Sexy          | 12. Decisive       |
| 13. Creative     | 14. Imaginative     | 15. Fun           | 16. Attractive     |
| 17. Interesting  | 18. Supportive      | 19. Funny         | 20. Considerate    |
| 21. Affectionate | 22. Organized       | 23. Resourceful   | 24. Athletic       |
| 25. Cheerful     | 26. Coordinated     | 27. Graceful      | 28. Elegant        |
| 29. Gracious     | 30. Playful         | 31. Caring        | 32. A Great Friend |
| 33. Exciting     | 34. Thrifty         | 35. Full Of Plans | 36. Shy            |
| 37. Vulnerable   | 38. Committed       | 39. Involved      | 40. Expressive     |
| 41. Active       | 42. Careful         | 43. Reserved      | 44. Adventurous    |
| 45. Receptive    | 46. Reliable        | 47. Responsible   | 48. Dependable     |
| 49. Nurturing    | 50. Warm            | 51. Virile        | 52. Kind           |
| 53. Gentle       | 54. Practical       | 55. Healthy       | 56. Witty          |
| 57. Relaxed      | 58. Beautiful       | 59. Handsome      | 60. Rich           |
| 61. Calm         | 62. A Great Partner | 63. Lively        | 64. A Great Parent |
| 65. Assertive    | 66. Protective      | 67. Sweet         | 68. Tender         |
| 69. Powerful     | 70. Understanding   | 71. Flexible      | 72. Totally Silly  |
| 73. Prayerful    | 74. Holy            | 75. Loving        | 76. Humble         |
| 77. Forgiving    | 78. Thinker         | 79. Patient       | 80. Hopeful        |

- (2) For each item you checked please briefly think of an actual incident that illustrates this characteristic of your partner.

## Emotional Needs Questionnaire

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Name\_\_\_\_\_ Date\_\_\_\_\_

This questionnaire is designed to help you determine your most important emotional needs and evaluate your spouse's effectiveness in meeting those needs. Answer all the questions as candidly as possible. Do not try to minimize any needs that you feel have been unmet. If your answers require more space, use and attach a separate sheet of paper.

Your spouse should complete a separate Emotional Needs Questionnaire so that you can discover his or her needs and evaluate your effectiveness in meeting those needs.

When you have completed this questionnaire, go through it a second time to be certain your answers accurately reflect your feelings. Do not erase your original answers, but cross them out lightly so that your spouse can see the corrections and discuss them with you.

The final page of this questionnaire asks you to identify and rank five of the ten needs in order of their importance to you. The most important emotional needs are those that give you the most pleasure when met and frustrate you the most when unmet. Resist the temptation to identify as most important only those needs that your spouse is *not* presently meeting. Include *all* your emotional needs in your consideration of those that are most important.

You have the permission of the publisher to photocopy the questionnaire for use in your own marriage.



19.	I feel secure when a special person is touching me.	E
	Acts of service make me feel loved.	D
20.	I appreciate the many things that special people do for me.	D
	I like receiving gifts that special people make for me.	C
21.	I really enjoy the feeling I get when someone gives me undivided attention.	B
	I really enjoy the feeling I get when someone helps me make decisions.	D
22.	I feel loved when a person celebrated my birthday with a gift.	C
	I feel loved when a person celebrates my birthday with meaningful words.	A
23.	I know a person is thinking of me when he or she gives me a gift.	C
	I feel loved when a person helps with my chores.	D
24.	I appreciate it when someone listens patiently and doesn't interrupt me.	B
	I appreciate it when someone remembers special days with a gift.	C
25.	I like knowing loved ones are concerned enough to help with my daily tasks.	D
	I enjoy extended trips with someone who is special to me.	B
26.	I enjoy kissing or being kissed by people with whom I am close.	E
	I enjoy receiving a gift given for no special reason.	C
27.	I like to be told that I am appreciated.	A
	I like for a person to look at me when we are talking.	B
28.	Gifts from a friend or loved one are always special to me.	C
	I feel good when a friend or loved one touches me.	E
29.	I feel loved when a person enthusiastically does some task I have requested.	D
	I feel loved when I am told how much I am needed.	A
30.	I need to be touched every day.	E
	I need words of encouragement daily.	A

Totals: A:      B:      C:      D:      E:

Count the number of A's, B's, C's, D's and E's you have circled, and record them below. What is your "love language"?

- ☐ A = Words of Affirmation
- ☐ B = Quality Time
- ☐ C = Receiving Gifts
- ☐ D = Acts of Service
- ☐ E = Physical Touch

To take the quiz online, go to [www.5lovelanguages.com/assessment](http://www.5lovelanguages.com/assessment).

Dr. Gary Chapman's book, *The Five Love Languages*, can be purchased at your local bookstore, or through [www.amazon.com](http://www.amazon.com).

## Fondness and Admiration Questionnaire

(1) Answer the following true false questions.

- I can easily list the three things I most admire about my partner. T or F
- When we are apart, I often think fondly of my partner. T or F
- I will often find some way to tell my partner "I love you." T or F
- I often touch or kiss my partner affectionately. T or F
- My partner really respects me. T or F
- I feel loved and cared for in this relationship T or F
- I feel accepted and like by my partner. T or F
- My partner finds me sexy and attractive. T or F
- My partner turns me on sexually. T or F
- There is a fire and passion in this relationship. T or F
- Romance is definitely still a part of our relationship. T or F
- I am really proud of my partner. T or F
- My partner really enjoys my achievements and accomplishments. T or F
- I can easily tell you why I want to marry my partner. T or F
- If I had it all to do over again, I would. T or F
- We rarely part from each other without showing some sign of love and affection. T or F
- When I come into a room, my partner is glad to see me. T or F
- My partner appreciates the things I do in this relationship. T or F
- My spouse generally likes my personality. T or F
- Our life is generally satisfying. T or F

(2) Scoring: 10 and above is good while 10 and below shows room for improvements.

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Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

## The Repair... continued

### Accepting Influence Questionnaire

(1) Answer each true/false statement.

- |     |   |               |
|-----|---|---------------|
| 1.  | I m really interested in my partner's opinion on our basic issues.              | True or False |
| 2.  | I usually learn a lot from my partner's opinion on our basic issues.            | True or False |
| 3.  | I want my partner to feel that what he or she says really counts with me.       | True or False |
| 4.  | I generally want to my partner to feel influential in our relationship.         | True or False |
| 5.  | I can listen to my partner, but only up to a point.                             | True or False |
| 6.  | My partner has a lot of basic common sense.                                     | True or False |
| 7.  | I try to communicate respect even during our disagreements.                     | True or False |
| 8.  | If I keep trying to convince my partner, I will eventually win out.             | True or False |
| 9.  | I don't reject my partner's opinions out of hand.                               | True or False |
| 10. | My partner is not rational enough to take seriously when we discuss our issues. | True or False |
| 11. | I believe in lots of give and take in our discussion.                           | True or False |
| 12. | I am very persuasive and usually can win arguments with my partner.             | True or False |
| 13. | I feel I have an important say when we make decisions.                          | True or False |
| 14. | My partner usually has good ideas.  | True or False |
| 15. | My partner is basically a great help as a problem solver.                       | True or False |
| 16. | I try to listen respectfully, even when I disagree.                             | True or False |
| 17. | My ideas for solutions are usually much better than my partners.                | True or False |
| 18. | I can usually find something to agree with in my partner's position.            | True or False |
| 19. | My partner is usually too emotional   | True or False |
| 20. | I am the one who needs to make the major decisions in this relationship.        | True or False |

(2) Scoring.

- Give yourself 1 point for each "true" answer except for questions 5,8,10,12,17,19,20
- subtract 1 point for each "true" answer to questions 5,8,10,12,17,19,20
- 6 and above is considered good. 6 and below this is an area for improvement.

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Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

### The Five Love Languages Quiz

Select the one you prefer most of your two options, the one that fits the best right now.  
Circle the letter to the right of the option you most prefer.

1.	I like to receive notes of affirmation.	A
	I like to be hugged.	E
2.	I like to spend one-to-one time with a person who is special to me.	B
	I feel loved when someone gives practical help to me.	D
3.	I like it when people give me gifts.	C
	I like leisurely visits with friends and loved ones.	B
4.	I feel loved when people do things to help me.	D
	I feel loved when people touch me.	E
5.	I feel loved when someone I love or admire puts his or her arm around me.	E
	I feel loved when I receive a gift from someone I love or admire.	C
6.	I like to go places with friends and loved ones.	B
	I like to high-five or hold hands with people who are special to me.	E
7.	Visible symbols of love (gifts) are very important to me.	C
	I feel loved when people affirm me.	E
8.	I like to sit close to people whom I enjoy being around.	E
	I like for people to tell me I am beautiful/handsome.	A
9.	I like to spend time with friends and loved ones.	B
	I like to receive little gifts from friends and loved ones.	C
10.	Words of acceptance are important to me.	A
	I know someone loves me when he or she helps me.	D
11.	I like being together and doing things with friends and loved ones.	B
	I like it when kind words are spoken to me.	A
12.	What someone does affects me more than what he or she says.	D
	Hugs make me feel connected and valued.	E
13.	I value praise and try to avoid criticism.	A
	Several small gifts mean more to me than one large gift.	C
14.	I feel close to someone when we are talking or doing something together.	B
	I feel closer to friends and loved ones when they touch me often.	E
15.	I like for people to compliment my achievements.	A
	I know people love me when they do things for me that they don't enjoy doing.	D
16.	I like to be touched as friends and loved ones walk by.	E
	I like it when people listen to me and show genuine interest in what I am saying.	B
17.	I feel loved when friends and loved ones help me with jobs or projects.	D
	I really enjoy receiving gifts from friends and loved ones.	C
18.	I like for people to compliment my appearance.	A
	I feel loved when people take time to understand my feelings.	B



# The 5 Love Languages®

What if you could say or do just the right thing guaranteed to make that special someone feel loved? The secret is learning the right love language! Millions of couples have learned the simple way to express their feelings and bring joy back into marriage: *The 5 Love Languages*, Dr. Gary Chapman's New York Times bestseller.

- #1: Words of Affirmation

Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you. Hearing the words, "I love you," are important—hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

- #2: Quality Time

For those whose love language is spoken with Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there—with the TV off, fork and knife down, and all chores and tasks on standby—makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful.

- #3: Receiving Gifts

Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous—so would the absence of everyday gestures.

- #4: Acts of Service

Can vacuuming the floors really be an expression of love? Absolutely! Anything you do to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes. The words he or she most want to hear: "Let me do that for you." Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter.

- #5: Physical Touch

This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face—they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive.

## Stress-Reducing Conversation

- (1) One of the biggest things you can do in your relationship is ask your partner how their day was. The following are some guidelines for having such a conversation.
  1. Invite your partner to tell you about his or her day. Remember you are not the target of any hostile words that come from him or her releasing the built up pressure. A good suggestion is to allow each partner 15 minutes to vent.
  2. Don't give unsolicited advice. By quickly suggesting a solution to your partner's problem you send a message that his or her problems are trivial. Understanding must always precede advice. Often times your partner does not want a solution only a person whom he or she knows is listening.
  3. Show genuine interest. Do not let your mind or eyes wander. Make sure to focus on your partner and make eye contact.
  4. Communicate your understanding. Let your partner know that you understand what he or she has just said.
  5. Take your partner side. Be supportive even if you think his or her perspective is unreasonable. Do not side with the opposition. The point here is not to be dishonest but rather this is a time to be emotionally supportive of your partner.
  6. Express a "we against others" attitude. Make sure you express to your partner that he or she is not alone. You are with them.
  7. Express affection. Show some kind of affection. Holding hands often works best.
  8. Validate emotions. Let your partner know that his or her feelings make sense to you.

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Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

## The Imago Dialogue – 101

Tim Atkinson, Executive Director, Imago Relationships International

### Why Dialogue?

Dialogue can help you to keep relationships fresh and dynamic, and to get beneath conflict to rediscover a deeper connection. If I try to resolve conflict in my relationship without creating a true connection with my partner, I may just be patching things up until the next big fight comes along, or even reinforcing the problem. Imago theory shows that most conflicts that have a painful “charge” are only 10% about the present situation and 90% about some past wound that is causing pain now. Imagine if you could truly heal old wounds. Your partner is the ideal person to help you do just that!

### Dialogue vs. Discussion

Often when I am listening to my partner, I might also be planning how to respond. I may be fervently figuring out how to show her that she is wrong, or how to defend myself from things she says that I don’t want to hear. My reply would contain carefully chosen words which show just how much I am “in the right”, and are designed so I don’t have to hear any more.

What I have described is not really a discussion between me and my partner. It’s what the philosopher Martin Buber called an “I-It” relationship. I am not dealing with her reality, and I’m working hard to give her a fake shiny version of me.

When we try to solve conflict in an “I-It” discussion, we may get a solution which works for a while. But it is unlikely to be the best solution for us both long-term, and leaves the true underlying reasons for conflict unresolved.

Dialogue helps people cut through their natural defenses to create a more genuine connection, which Buber called “I-You.” When we are both honestly and openly involved in exploring issues, we can discover the real source of pain. Listening and talking about this in a loving, safe space can open up within ourselves amazing potential for an improved relationship.

When my partner and I fell in love, we had a sense of destiny drawing us together. It felt like there was a path together which was greater than the course of our separate lives. Dialogue enables us to unfold that path, and experience the love we dreamed of.

### “Your partner is another person – Get it!” (Harville Hendrix)

There are many ways in which dialogue can enrich our lives:

- We can make better decisions, because we can share together a full understanding of what we both need.
- It’s a lot more fun and passionate. I get to continue discovering the amazing other person who loves me.
- It can be a wonderful path of discovery, not just of my partner, but about me. Often I find that our partner’s thinks better of me, than I do of myself.

### 3. Empathy

The third and final step of the Imago Dialogue is empathy. In the empathy step, I imagine what my partner might be feeling. Feelings are simple words like “Angry, Sad, Lonely, Afraid, Happy, Joyful etc:”

I would just ask my partner *“I imagine you might be feeling afraid, and perhaps a little sad too. Is that what you are feeling?”* Then I check in with my partner, and if she shares other feelings then mirror them to show I heard. *“Ah, a little excited too.”*

Did you try that with your partner? How do you feel? Did it help you understand them a little more, and bring you closer? I hope so. It has made a huge difference in my life.

### Directions for a simple Imago dialogue

You can begin to use the Imago Dialogue to share with your partner something that concerns you, and that you would like to share with them. A great way to start using the dialogue is to share something that you appreciate about your partner. Try it, and see how you feel when your partner mirrors back your appreciation of them.

Here are some specific phrases you can use as you practice dialogue

#### SENDER

I would like to dialogue about . . .  
Is now okay?  
I feel . . .  
I love . . .  
I need . . .  
What’s bothering me is . . .

#### RECEIVER

##### 1. Mirroring

Let me see if I’ve got you.  
I heard you say . . . or You said . . .  
Am I getting you? or Did I get that?  
Is there more about that?  
Summary mirror  
Let me see if I got it all . . .?  
Am I getting you? Did I get all of that?  
or Is that a good summary?

##### 2. Validation

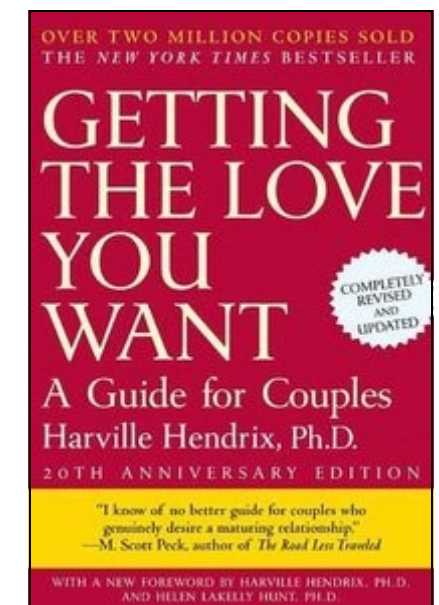
You make sense to me, and what makes sense is . . .  
I can understand that . . .given that . . .  
I can see how you would see it that way because sometimes I do . . .

##### 3. Empathy

I imagine you might be feeling . . .  
Is that what you’re feeling?

#### SWITCH ROLES

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## 1. Mirroring

Using “I” language, one person sends a “message” to convey his/her thoughts, feelings, or experiences to the Receiver (“I feel,” “I love,” “I need ...”). They should avoid shaming, blaming or criticizing their partner, and instead talk about themselves.

In response, the Receiver echoes the Sender’s message word-for-word or by paraphrasing, using a lead sentence like, “Let me see if I’ve got you. You said ....”

Mirroring helps me to listen to what the other person is actually saying rather than listening to the reactions and responses going on in my head while my partner is talking.

Then there’s a beautiful question the receiver can ask. “Is There More?” When I ask that question I leave a little time, to show I really mean it, and want to hear more. Often my partner might pause “Well no....er...let me see...maybe there is.” Often as they are given space and time, they will go deeper and share more with me, and that sharing can be the most fascinating part.

Keep on with it. You might be more encouraging - “Wow. Interesting. Is there more about that?” The more I reassure my partner that I am open to what she is saying, the more I can voyage on a wonderful journey into her world, and experience connection, even if I do find the subject area challenging or unfamiliar.

When my partner says “No, that’s all”, then I can try a summary. “So, in summary I heard you say that.....” Then check you got it all. My partner might often say “Well you missed this little bit – and it’s quite important to me that you hear it.”

## 2. Validation

When I mirror my partner well, they will probably already be feeling that I have heard their point of view, and seen that for them it is valid. But it’s nice to say that too.

This part of the process can be quite hard too, if my partner has a very different perspective on things from me. But to be connected, it’s important for me to recognize that what my partner says makes sense for her. Sometimes her view might be so different from mine that I am tempted to think that she must be wrong. But in dialogue, creating the connection is paramount. Who is right and who is wrong doesn’t matter. Harville Hendrix likes to say: “**You can be right, or you can be married!**” With this process, you might even discover that you can find a solution together where it doesn’t matter whether either of you are right or wrong over this issue, because the underlying pain is what really needs to be addressed. Precisely because you are in relationship with another person, it is healthy to be able to accept that you hold different viewpoints.

After I have summarized my partner, I can validate them by simply saying “That makes sense to me.” I don’t have to agree with her, but show that I respect her reality. If I can, I might go on “That makes sense to me because....”

Sometimes as I watch my partner when I see this, I can see a physical sign of relief. It’s a lovely thing to have your views validated by another.

## Imago Dialogue Starts with Safety

If I am going to meet others in an authentic way, and lower my protective shell, I need to feel safe. The structure of the Imago dialogue provides safety. The first rule is to banish all shame, blame and criticism. That might sound tough if I am really angry at my partner for all the things they did or didn’t do. How can I tell them how much they are hurting me, if I can’t criticize?

But I also need to make it safe for my partner to listen to me. And that means to always talk about my own feelings, not about their actions. What does this mean to me? Why am I frustrated? What do I feel? The key is to make it easy for my partner to remain open, and to be available to hear.

## Stop Talking, Start Connecting

Listening to my partner may be the most difficult part of the Imago dialogue, especially if we are going to talk about a hard subject. Am I going to hear something painful? Will I want to jump out of my chair and run out? Will I want to shout and deny it?

Listening well can sometimes be a very courageous act. To be available to listen and truly hear what concerns your partner means putting aside all my spontaneous reactions to it. As the words come out, my first reaction might be to think “No – she’s got it wrong – it’s not like that!” The key to creating an “I-You” relationship is to put that aside, and instead listen without judgment. I need to open myself up to hearing my partner’s reality and, by hearing that, to truly connect with her. If I deny it, then I break the connection, and start an argument.

Try it. Practice.

## Create Space for the Relationship

Before you start to dialogue, it’s good to create some space where your relationship can grow. You can do this in the room, by sitting on facing chairs, knees close together, with eye contact. But it’s also a good idea to spend a few moments quietly too, and become aware of the two of you. Let your breathing be quiet, and remind yourself to be calm, with no shame, blame or criticism as you speak, no judgment as you listen. Something beautiful is being created between you. Martin Buber called it the “sacred space” when two people met as “I-You”. Now you can start!

## The Steps of Imago Dialogue

Imago Dialogue is a unique three step process for connection, developed by Harville Hendrix PhD and Helen LaKelly Hunt PhD. Although it looks simple, the process was formulated through extensive study of psychological theories of relationship, and clinical work with couples.

The three steps are Mirroring, Validation and Empathy, and they are described in detail below. The essence of dialogue is any conversation in which people agree to listen to others without judgment, and accept their views as equally valid as their own. We have found the Imago dialogue to be a particularly effective way to start off on your journey to connection. You can find directions on how to use the Imago dialogue here. What follows is a description of how to use each step.

The Imago Dialogue is initiated when a partner asks for an appointment and the other partner agrees to participate.