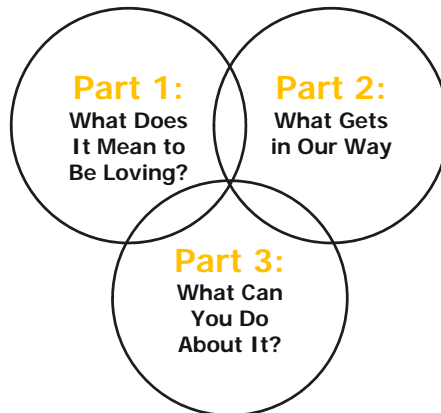


Three Parts to this Webinar:





Lisa Firestone, Ph.D.

Director of Research and Education - **The Glendon Association**

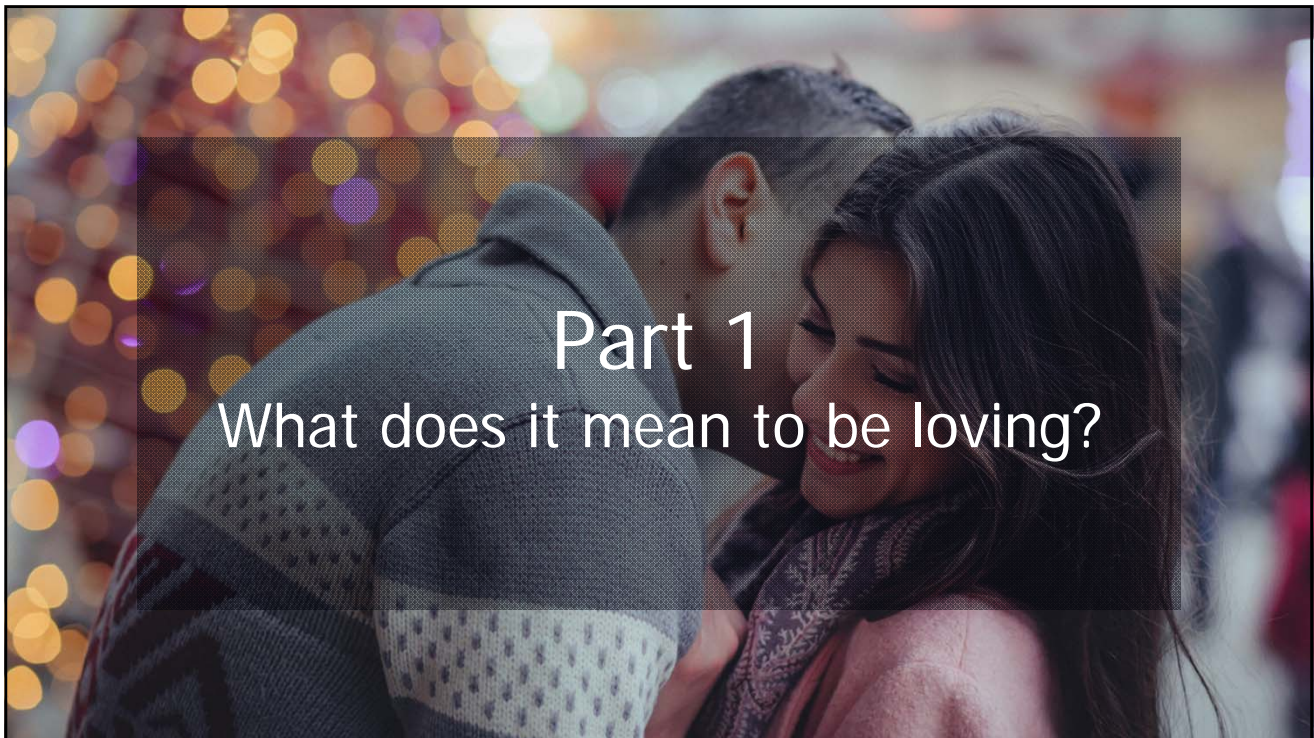
Senior Editor - **PsychAlive**



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Part 1

What does it mean to be loving?

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There is only one proof for the presence of love: the depth of the relationship, and the aliveness and strength in each person concerned; this is the fruit by which love is recognized.

- Erich Fromm



Our Definition of Love

“Defining love in behavioral terms is a challenging undertaking.”

- Expressions of affection, physical and emotional
- Wish to offer pleasure and satisfaction
- Tenderness, compassion, and sensitivity to needs
- Desire for shared activities and pursuits
- Appropriate level of sharing of one's possessions
- Ongoing, honest exchange of personal feelings
- Process of offering concern, comfort, and outward assistance for aspirations
- Includes feeling for the other that goes beyond a selfish or self-centered interest
- Nurtures and has a positive effect on each person's self-esteem and sense of well-being.
- Never involves deception



**Love is a learned ability.
It is not inherent.**

Studies show if you *take* more loving actions, you *feel* more loving feelings.

Romantic Love

vs. **Passionate or Companion-like Love**

Romantic Love

- Characterized by intensity, engagement and sexual interest
- Associated with marital satisfaction, well-being, high self-esteem, relationship longevity

Passionate/Obsessive Love

- Same features as romantic love but also includes feelings of uncertainty and anxiety
- Works well in short-term relationships but hurts long-term relationships

Companion-like Love

- Only moderate satisfaction in both short-term and long-term relationships

Source: <http://carolinaneuroscience.web.unc.edu/files/2013/01/Acevedo-et-alLong-term-romantic-love.pdf>

Romantic Love

vs. Passionate or Companion-like Love

Study found that romantic love can last in a long-term relationship and keep both people happy.

Source: <http://carolinaneuroscience.web.unc.edu/files/2013/01/Acevedo-et-alLong-term-romantic-love.pdf>

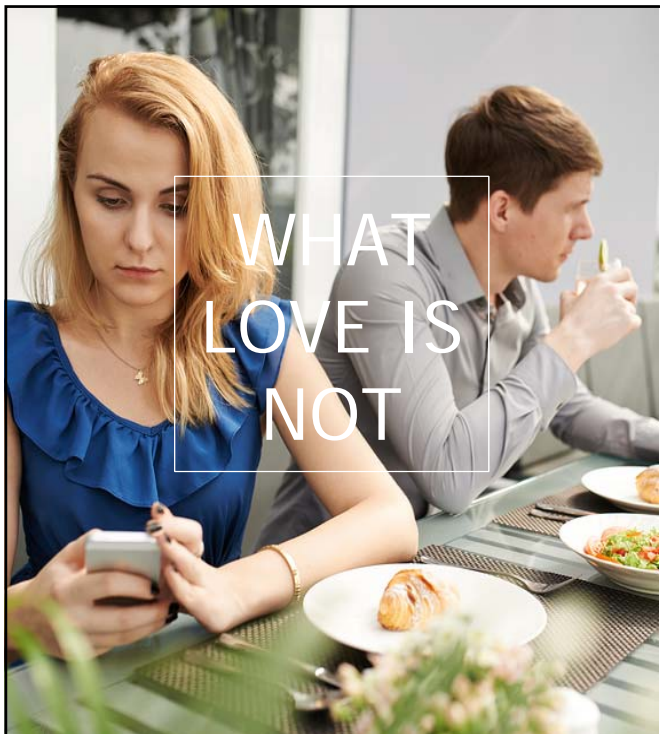
Romantic Love

vs. Passionate or Companion-like Love

"Couples should strive for love with all the trimmings...Couples who've been together a long time and wish to get back their romantic edge should know it is an attainable goal that, like most good things in life, requires energy and devotion."

- Bianca P. Acevedo, Ph.D.

Source: <http://carolinaneuroscience.web.unc.edu/files/2013/01/Acevedo-et-alLong-term-romantic-love.pdf>



WHAT LOVE IS NOT

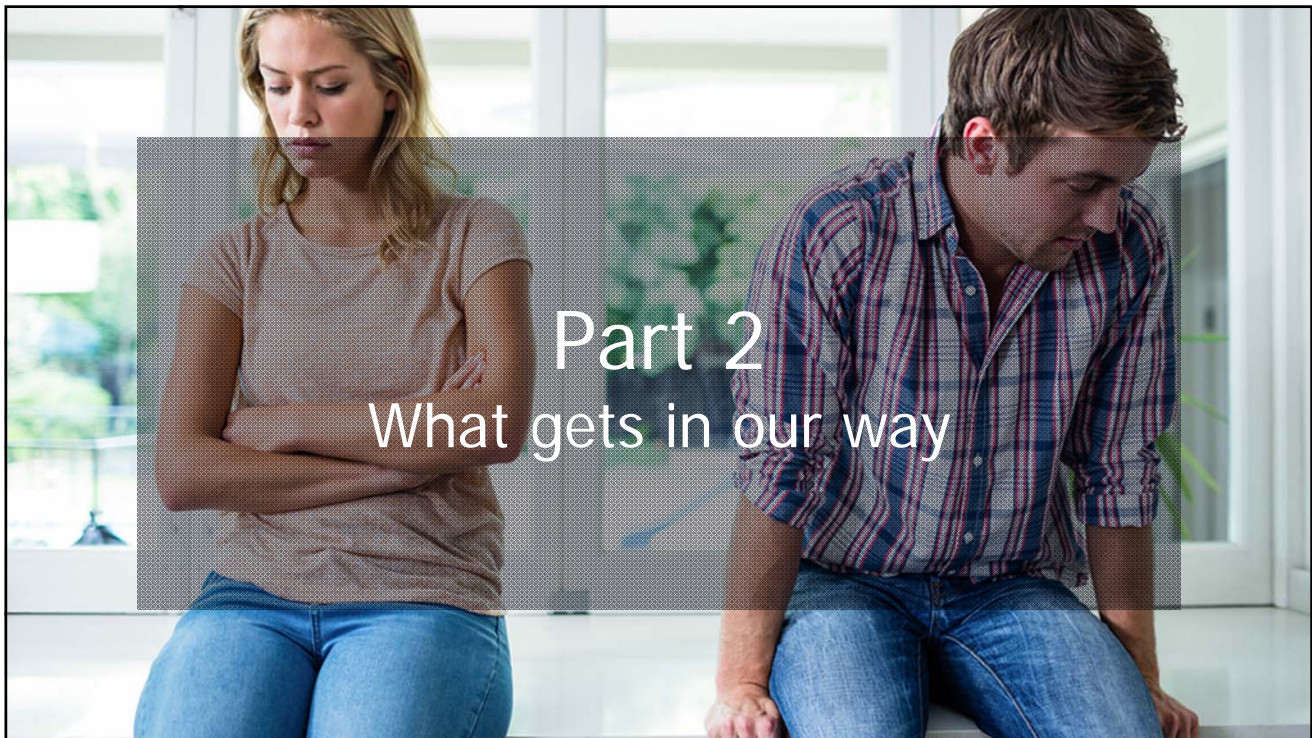
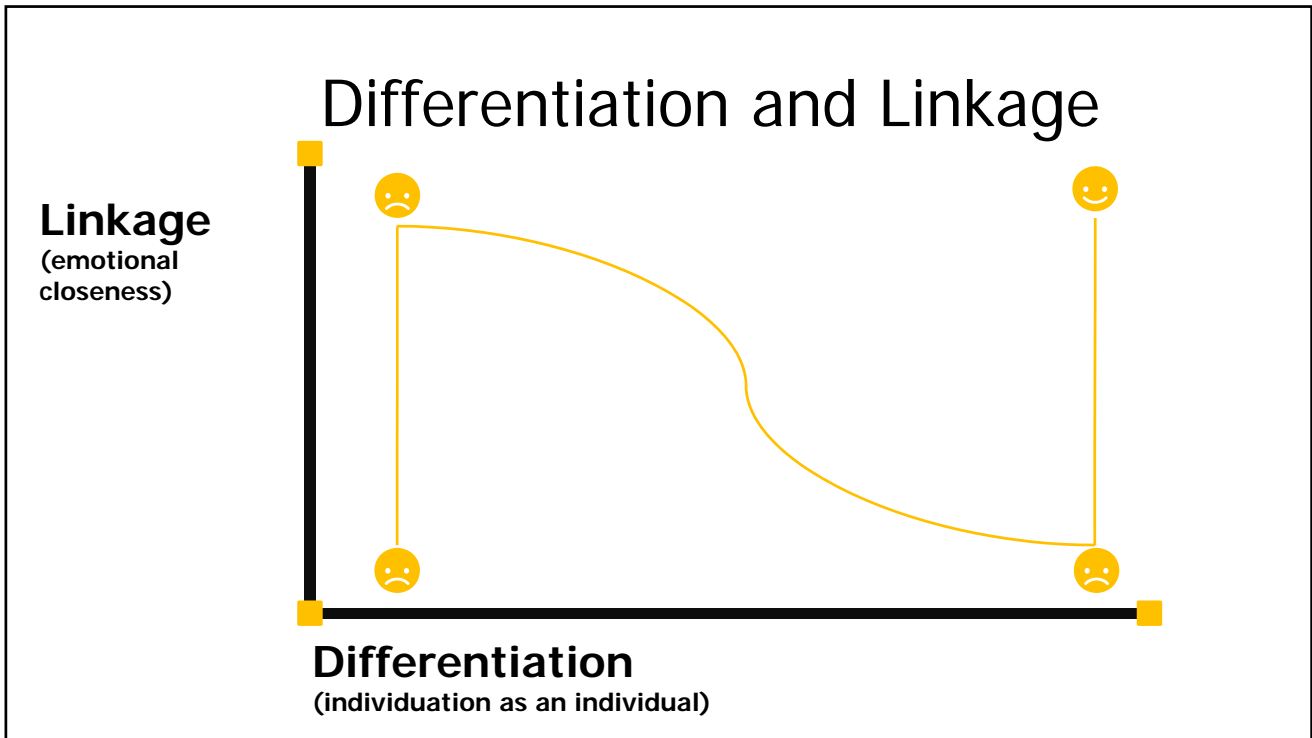
Love is not:

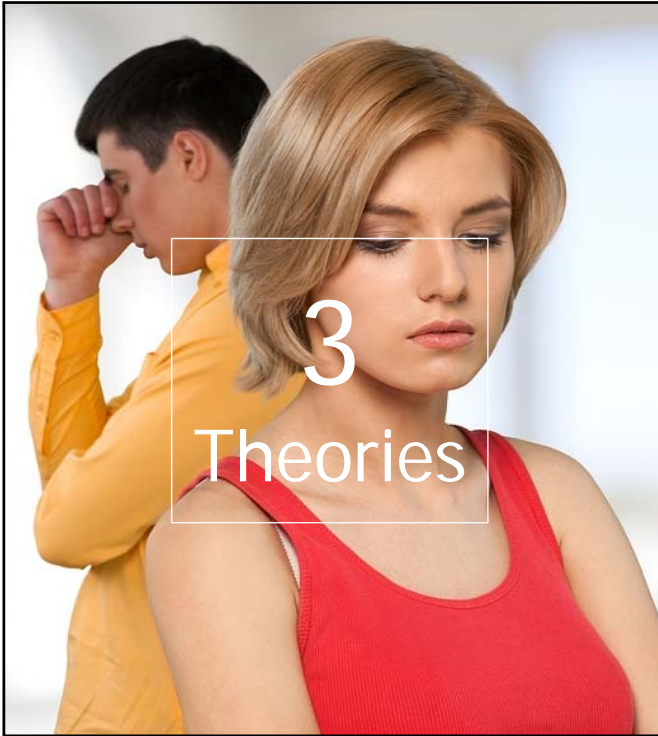
- What we mean when told “Mommy or Daddy really loves you, but he or she just doesn’t know how to show it.”
- Selfish, possessive, or demanding, or a proprietary right over the other
- Submission or dominance, emotional coercion or manipulation
- Desperate attempt to deny aloneness or the search for security manifested in a desire for a fused identity
- Emotional hunger, a desperate, immature need for dependence on another that drains their vitality
- A deep longing to find total confirmation of oneself in the other
- A word to be bandied about in a collusive attempt to maintain control of one another
- An inner state of mind with no outward manifestations

Definition of Fantasy Bond



A **Fantasy Bond** is an illusion of connection, originally an imaginary fusion or joining with the parent. We use the term Fantasy Bond to describe both the original imaginary connection formed during childhood and the repetitive efforts of the adult to continue to make these types of connections in intimate relationships.





- Separation Theory
- Attachment Theory
- Emotion-focused Therapy



Separation Theory

Fear of Intimacy

Interpersonal relationships are the ultimate source of happiness or misery. Love has the potential to generate intense pleasure and fulfillment or produce considerable pain and suffering.

- From Sex & Love in Intimate Relationships

Reasons We Defend Against Love

What are we afraid of?



Arouses anxiety and makes us feel vulnerable



Arouses sadness and painful feelings from the past



Provokes a painful identity crisis



Disconnects people from a "fantasy bond" with their parents



Arouses guilt in relation to surpassing a parent



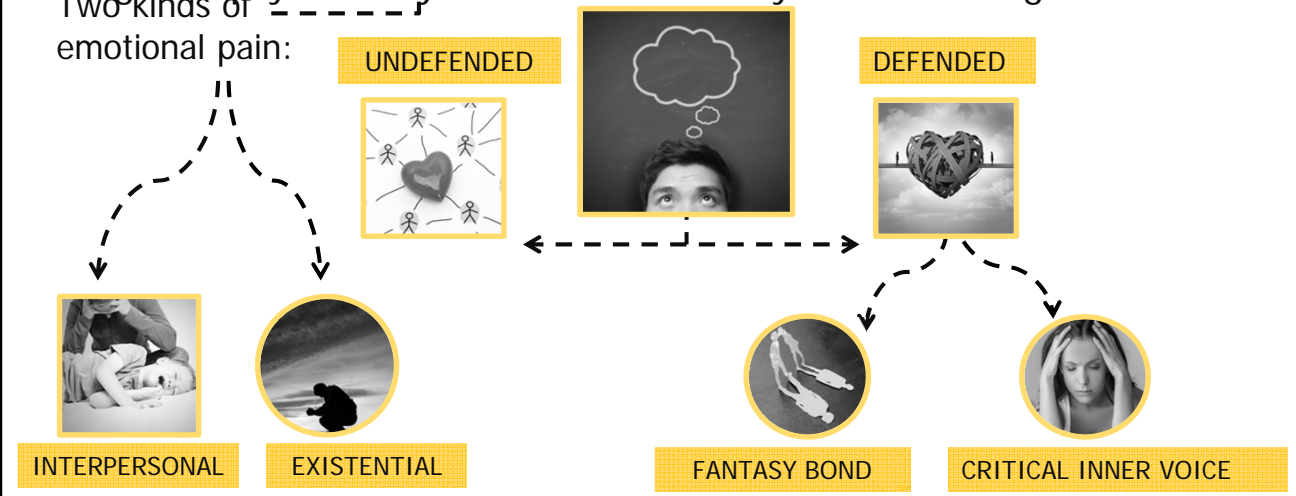
Stirs up existential issues

Separation Theory

Robert W. Firestone, Ph.D.

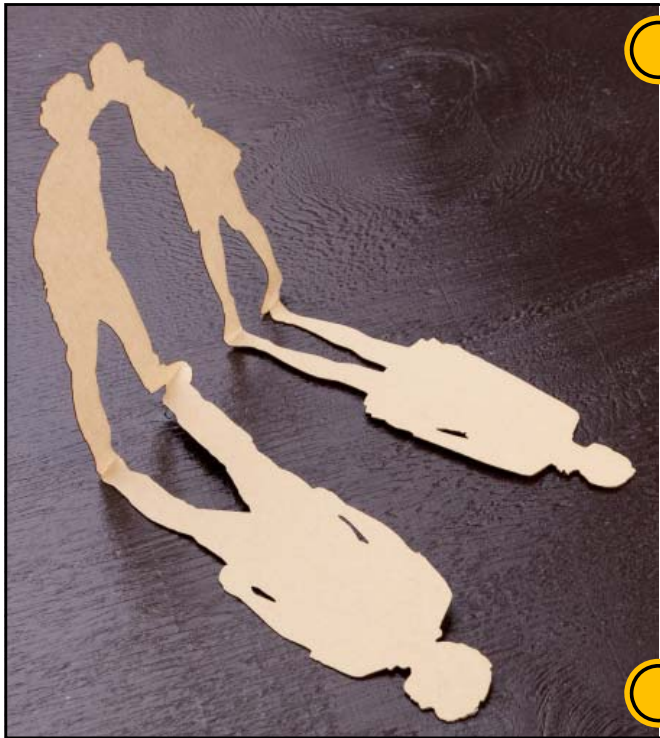


Integrates psychoanalytic and existential systems of thought
 Two kinds of emotional pain: Core Conflict:



Origins of a Fantasy Bond

- Illusion of connection originally formed with parent to help relieve early anxiety and emotional pain
- Process of self-parenting - see and treat ourselves the way we were seen and treated, both punishing and soothing ourselves
- Fantasy bond extends to our adult relationships
- Defenses we form limit our capacity for real love and closeness



The Fantasy Bond

- Illusion of connection that is substituted for feelings of real love
- Often unconscious act of self-parenting and self-protection
 - Pseudoindependence
 - Form replaces substance
- Degree of reliance on a fantasy bond is proportional to the degree of frustration and pain in a person's developmental years

Do you have a fantasy bond with your partner?

No longer engage in loving actions?

Withhold, punish or criticize your partner?

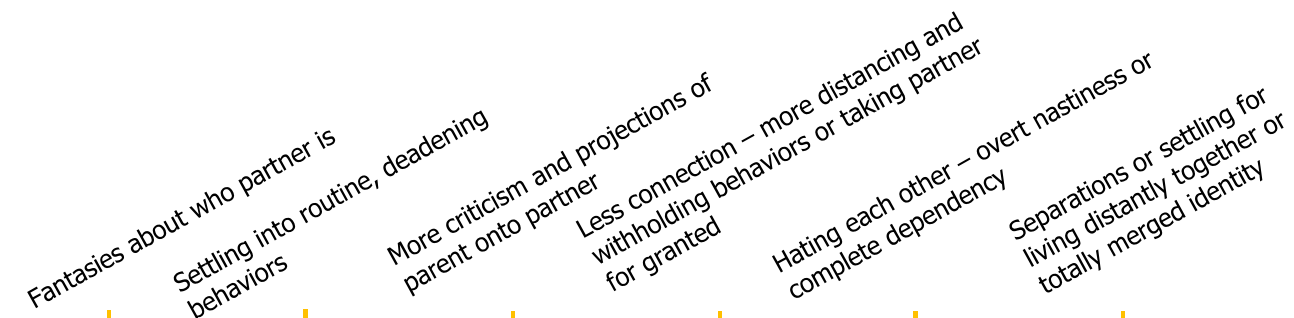
Have rigid behavior patterns?

Relate as a unit?

Take your partner for granted?

Feel like you can't live without partner?

Fantasy Bond on a Continuum



Love breaks a “Fantasy Bond” with our parents

Relationships:

- Ultimate symbol of growing up
- Represent starting our own lives
- Symbolize a parting from our family
- Letting go on an emotional level
- Differentiating from negative dynamics that plagued our early relationships and shaped our identity

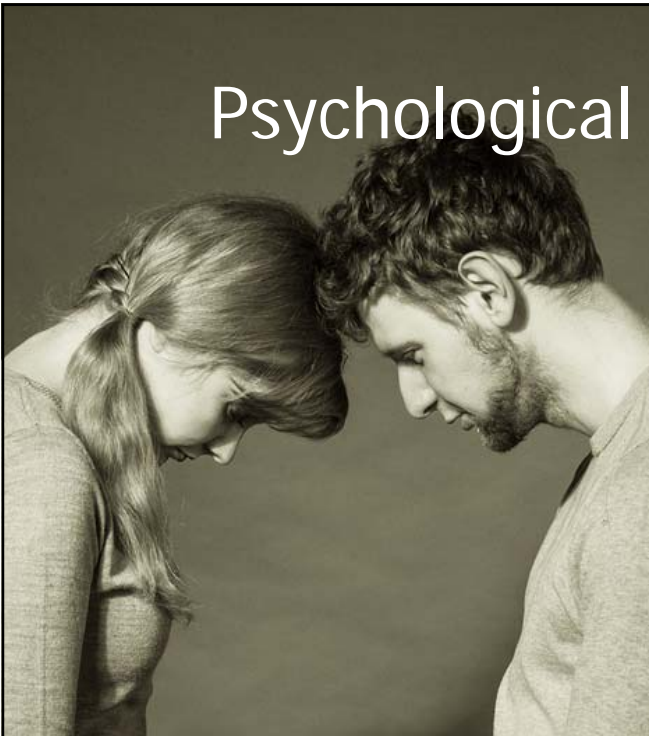


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“When we think we have been hurt by someone in the past, we build up defenses to protect ourselves from being hurt in the future. So the fearful past causes a fearful future and the past and the future become one.”

- Alfred Hitchcock

Psychological Defenses



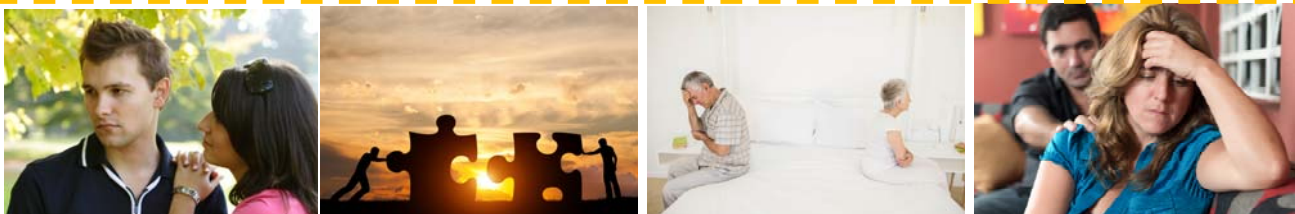
- Being loved by someone we love and admire threatens our defenses.
- Habits we've long had that allow us to feel safe, self-focused or self-contained
- Adaptations to our early environment that aren't adaptive in our adult lives

As adults, people's defenses may lead them to

- Repeat patterns they saw in their parents
- Choose someone similar to a person from their past
- Recreate familiar relationship dynamics
- Engage in unhealthy defenses formed as adaptations to painful events

Possible Signs of Poor Selection:

- Exaggerated magnetism
- Sense of completion (i.e. finding your "missing piece")
- Mimics your past (stirs up old feelings)
- Thoughts that you can alter or save the person

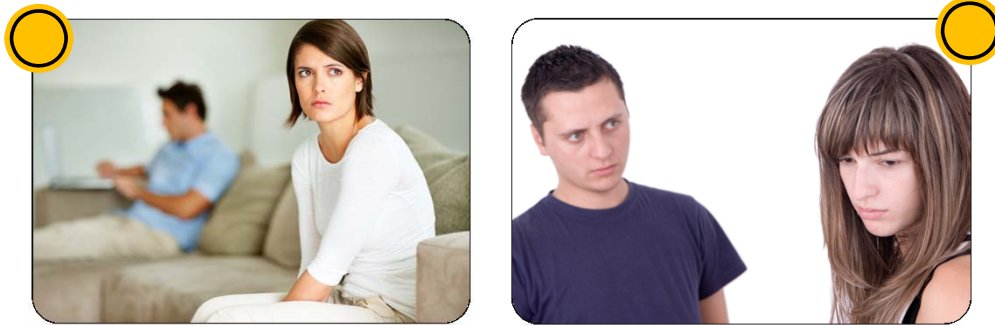


Distortion:

Why do we distort our partners?

We tend to distort at points when we become anxious:

- Reaction to acting against our defenses
- Reaction to love directed toward us
- Fear of intimacy, defense against closeness
- Fear of loss



Provocation:

Why do we provoke our partners?

- Reaction to breaking with an old identity
- Pain of getting what we've always longed for
- Challenges defenses
- Discomfort of emotional closeness



Provocation:

We create our own worst nightmare

- Get them to voice our critical inner voice
- Act in ways that push them away
- Get them to treat us in ways we were treated



The Critical Inner Voice

The Language of the Defensive Process

- Well-integrated pattern of destructive thoughts toward ourselves and others
- At the root of much of our maladaptive behavior
- Fosters inwardness, distrust, self-criticism, self-denial, addictions and a retreat from goal-directed activities
- Affects every aspect of our lives: our self-esteem and confidence, and most importantly, our personal and intimate relationships

How the Voice Process Impacts Relationships

Self-Punishing Voice Process in Relationships:

EXAMPLE: "You can't make anyone happy. You're so unlovable. He/She will never care about you. You'll just wind up alone."

Self-Soothing Voice Process in Relationships:

EXAMPLE: "You are just fine on your own. You can take care of yourself. You don't need anyone else. Don't trust him/her."

Common "Voices" in Relationships

Voices About Yourself:

- Don't get too hooked on her.
- He doesn't really care about you.
- She is too good for you.
- You're better off on your own.
- As soon as he gets to know you, she'll reject you.
- **Don't be too vulnerable. You'll just get hurt.**

Voices About Your Partner:

- You shouldn't be vulnerable.
- She only cares about being with her friends.
- He is probably cheating on you.
- She's too needy.
- He's going to leave you.





Attachment Theory

What is Attachment Theory?

How do I get these people to take care of me?



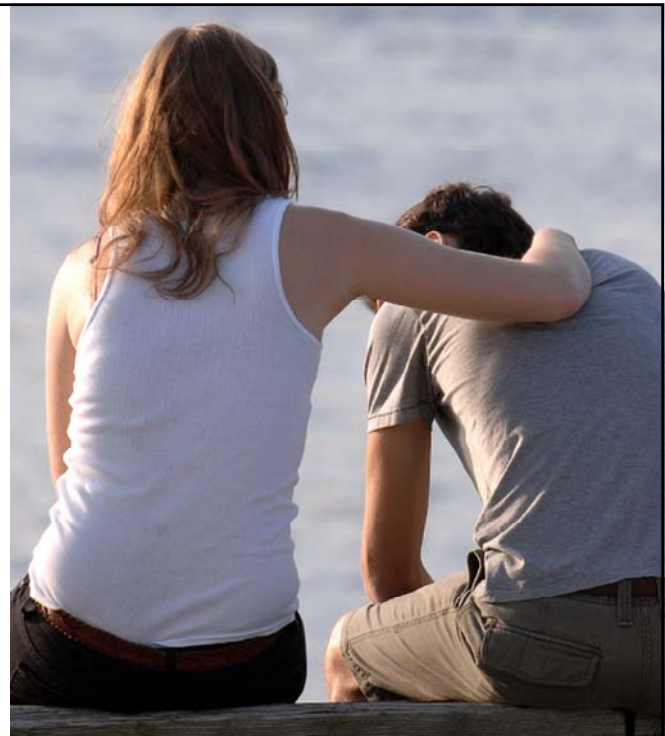
Understanding Attachment

- Attachment patterns are formed in infancy, during the first two years of life.
- Once established, it is a pattern that affects us throughout our lives, particularly in how we relate in intimate relationships and with our children.



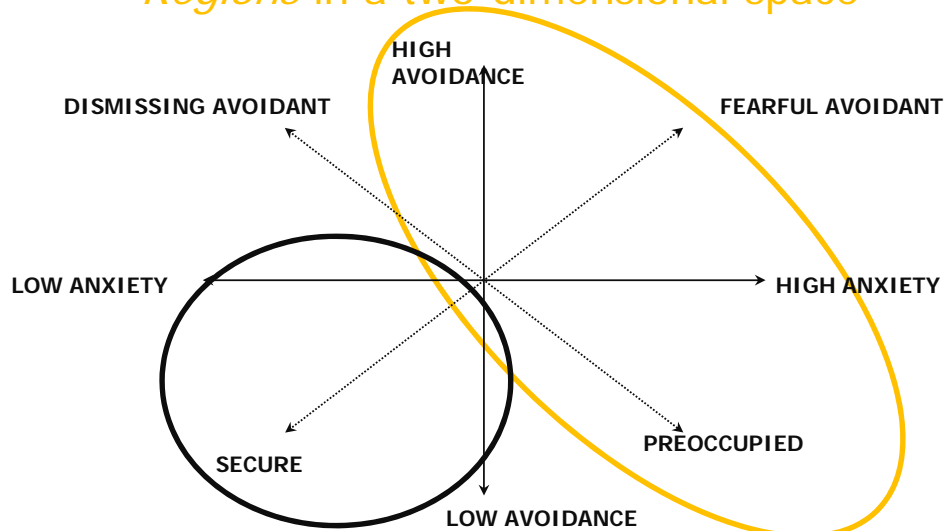
Internal Working Models

Our early relationships provide a template for how relationships go. Can I depend on others? Will they soothe me when I need it? Will they see me for who I really am?



Adult attachment 'styles':

Regions in a two-dimensional space



*From: "Secure and Insecure Love: An Attachment Perspective" Phillip R. Shaver, Ph.D.
Adapted from Ainsworth et al. (1978), Bartholomew & Horowitz (1991), Fraley & Shaver (2000)*

Is Your Attachment Style Affecting Your Relationship?

Secure Attachment:

Tend to be more satisfied in their relationships

Preoccupied Attachment:

Tend to be desperate to form a fantasy bond. Instead of feeling real love or trust toward their partner, they often feel emotional hunger

Is Your Attachment Style Affecting Your Relationship?

Dismissive Attachment:

Have the tendency to emotionally distance themselves from their partner

Fearful-Avoidant Attachment:

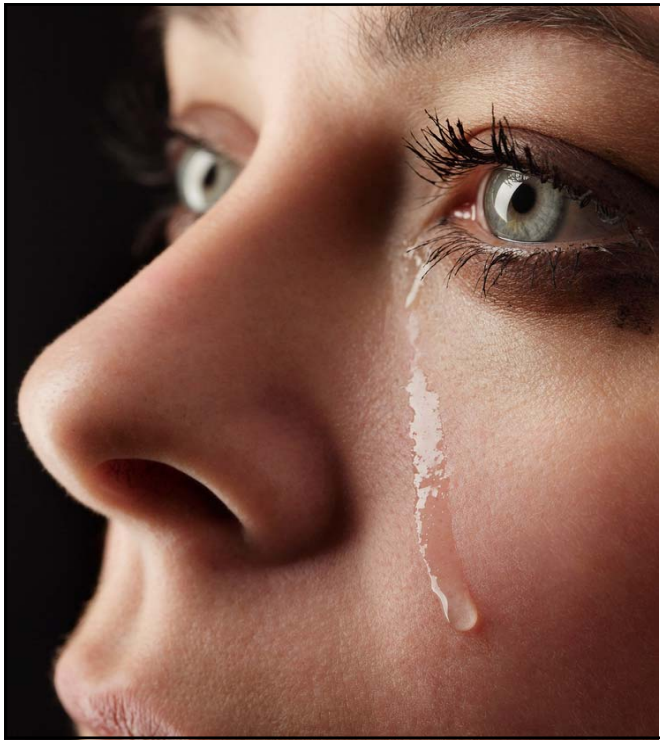
Live in an ambivalent state in which they're afraid of being too close to or too distant from others

Attachment and Relationships

- Attachment anxiety and avoidance are related to deficits in caring for relationship partners and engaging in altruistic behavior. (e.g., Kuncze & Shaver, 1994; Gillath et al., 2005).
- **Preoccupied people** tend to be self-focused when engaged in supposedly caring/altruistic actions, leading to intrusiveness, poor assessment of others' actual needs, and personal distress.
- **Dismissive people** tend to be less interested in helping others and to derogate needy others. They are relatively deficient in the domain of compassion and love.



From: "Secure and Insecure Love: An Attachment Perspective" Phillip R. Shaver, Ph.D.



Emotion-focused Therapy



Fear





Anger



Where maladaptive emotions come from
How we develop negative schemas



Schemas:

Experiences we have become schemas (feelings, actions, beliefs)

- Develop while growing up
- Triggered by current events
- Lead to maladaptive reactions



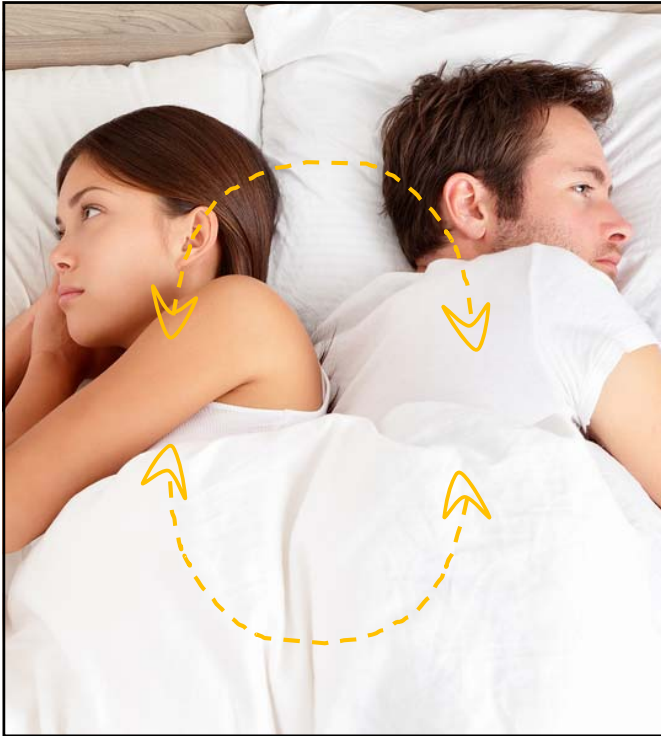
Two Main Conflicts

Attachment

- Pursuer/ Distancer

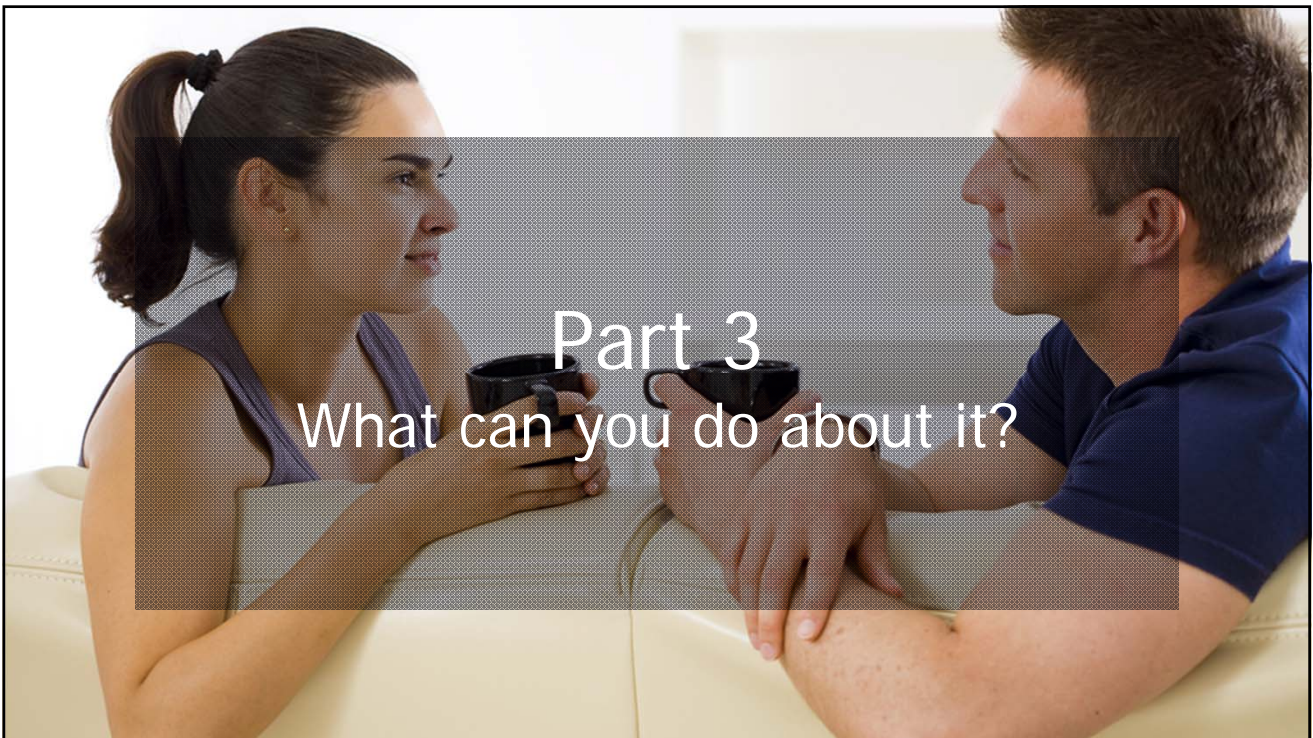
Identity

- Dominant/ Submissive



Perpetuating Cycles

- Both partners push or provoke in ways that encourage the other person to play the other half of old, familiar dynamics.
- Relationship starts to look more like those of their past.
- Reinforces each partner's working model, confirming what they already believe about love and relationships.



Part 3
What can you do about it?

//

Your task is not to seek for love,
but merely to seek and find all
the barriers within yourself that
you have built against it.

-Rumi

- Recognize and admit you have a fantasy bond
- Take steps to break a fantasy bond



To break free from a fantasy bond we must:

- Leave our own inward world and challenge our self-nourishing and punishing habits
- Redirect our energy toward taking chances on finding satisfaction in the external world through goal-oriented behavior



Actions that counter a fantasy bond:

1. Express love in a way your partner would experience as loving.
2. Be affectionate.
3. Slow down. Be kind and present.
4. See partner for who they are.
5. Make eye contact.
6. Try something old.
7. Try something new.
8. Break routine.
9. Avoid passivity and control.
10. Talk as an "I" instead of a "we."
11. Be aware of your critical inner voice.



Relate and interact!

Joke around.

Talk personally.

Continue to let your partner know you.



Ask questions.

Listen.

Express interest.

Continue to get to know your partner.

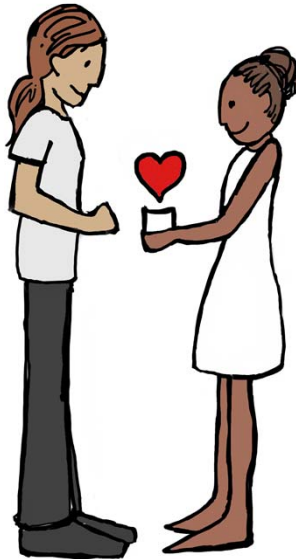
From "Daring to Love" with Tamsen Firestone

Be generous!

Notice when something is needed

Lend a helping hand

Give a sensitive gift



Offer an ear to listen or a shoulder to lean on

Make a thoughtful gesture

From "Daring to Love" with Tamsen Firestone

Express affection!



Accept affection!

From "Daring to Love" with Tamsen Firestone

Taking Responsibility for Your Half of the Dynamic

Think about what your partner does that you don't like.
Then, think about what you do right beforehand.



Goals for Your Relationship

- Write down any goals you have for yourself and what kind of relationship you want. What would the relationship look like? Do you want more closeness? More independence?
- How could you go about achieving these goals? List the actions you will take.
- What actions will you take when you feel triggered? How can you return to the underlying want?
- How will you express this want to your partner?
- What actions will you take to make your partner feel understood?



Unilateral Disarmament

The technique of Unilateral Disarmament does not imply that you are surrendering your point of view, taking the blame or deferring to your partner's opinion. It simply indicates that you value being close to your partner more than winning your point.



The Firestone Voice Scale for Couples

FVSC

Instructions

All people experience thoughts that are critical towards themselves and others. For example, when a person is worried about his (her) relationship, he (she) might think:
 "You'd better hang onto him (her). This may be your last chance. You may never get anybody again."

Or a person might have critical thoughts about a potential partner:
 "Don't get involved. You might get hurt because he (she) is so unreliable."

Negative thoughts are a part of everyone's thinking process. Please indicate the frequency with which you experience the following thoughts by circling the corresponding number.

1 – NEVER 2 – RARELY 3 – ONCE IN A WHILE 4 – FREQUENTLY 5 – MOST OF THE TIME

Fore example, you think or say to yourself:
1 2 3 4 5 "You're unattractive. Why should she (he) want to go out with you?"

1.	You'd better put on a good front. Put your best foot forward or he (she) won't be interested.	1	2	3	4	5
2.	You'd be better off on your own.	1	2	3	4	5
3.	He (She) doesn't give a damn about you.	1	2	3	4	5
4.	He (She) never spends time with you. He (She) is always with his (her) friends/family.	1	2	3	4	5
5.	He (She) doesn't want to hear your opinions, so keep them to yourself.	1	2	3	4	5

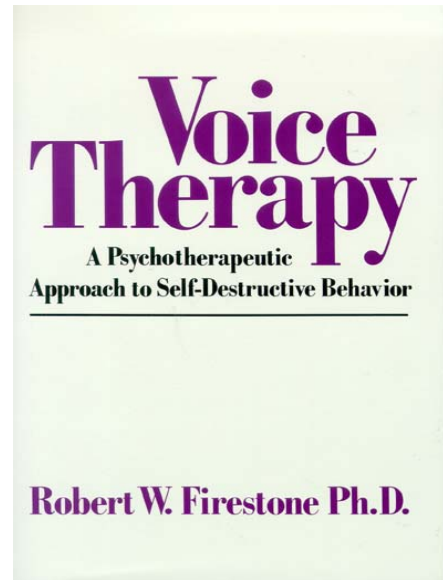
You in Your Relationship: Your Critical Inner Voice/The Real You

■ **What my critical inner voice says about me in my relationship**

■ **What I realistically think about myself in my relationship**

Voice Therapy

Cognitive/ Affective/
Behavioral Approach



Voice Therapy:

Steps in the Therapeutic Process with Couples

1. Formulating the problem
2. Verbalizing the voice and releasing affect
3. Developing insight about the source of the voice
4. Answering back to the voice
5. Developing insight about how voices are influencing behaviors
6. Planning corrective suggestions for changing behavior
7. Sharing voices with each other between sessions

If you are interested in attending a voice therapy training or in getting training materials please contact jina@glendon.org or visit www.glendon.org.

Developing Secure Attachment

- Relationship with a partner with a secure attachment pattern
- Therapy
- Coherent narrative



Transforming Emotions in Your Relationships

- Identify unacknowledged emotions/ vulnerability (wants and needs) behind reactions
- Express both the universal want/need and specific want/need
- Helps the person feel more vulnerable, and the partner to respond with more feeling and sensitivity



Emotions and Needs

A. Frustrating Patterns	B. Secondary Feelings	C. Reactive Patterns	D. Primary Emotion* (Fear/Shame/Sadness/Anger)	E. Needs Global/ Specific
When you...	I feel...	And react by...	This obscures my...	What I really want is...
Are late	Angry	Criticizing	Anxiety and feeling rejected	To feel important to you/ You to call

Fill in the following sentences with your emotions and needs.


- When you...
- I feel...
- And react by...
- This obscures my...
- What I really want (generally) is...
- What I really want (specifically) is...

Look Inside Yourself

If you're single:

- Think about the partners you select
- Note if there are patterns to your selections
- Ask yourself how you could break these patterns
- Be open to dating outside your comfort zone
- Give these opportunities a chance, even though they may make you feel uncomfortable at first






Look Inside Yourself

If you're in a relationship:

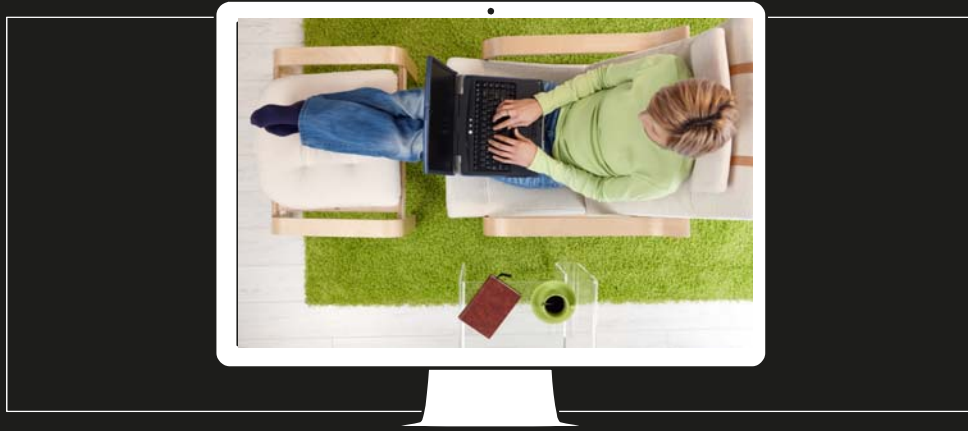
- If you polarize, do the opposite
- Be open to new things
- Think about how it feels and not how it looks
- See partner and self through a realistic and compassionate perspective
- Be open to feedback



Ways to Help Your Relationship

- Identify your attachment and create a coherent narrative.
- Reveal destructive thought processes to each other.
- Keep a journal. Out your inner coach.
- Set goals for the relationship. Monitor your behavior.
- Use the tools:
 - ✓ Disarm.
 - ✓ Be generous.
 - ✓ Don't board the train of destructive thoughts.

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CE Information

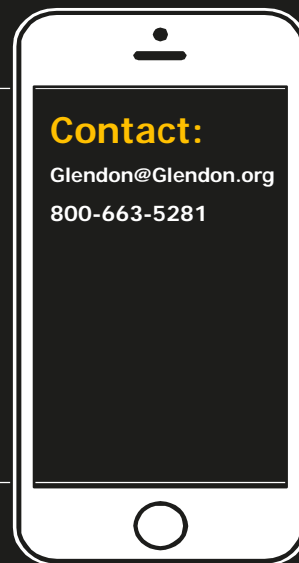
CE's for this Webinar are optional and sold separately through R. Cassidy Seminars. A link to purchase 1.5 CE's will be e-mailed to registrants following the live Webinar. For those purchasing or watching this Webinar as an archived recording, a link to purchase home study CE's was provided with your purchase confirmation. Registrants can earn 2 home study CE's by watching the Webinar and completing a reading assignment.

Thank you!

Any questions?

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