



Welcome to

DARING to LOVE

with Tamsen Firestone and Lisa Firestone, Ph.D.

Tamsen
FIRESTONE



Tamsen Firestone

Author – Daring to Love

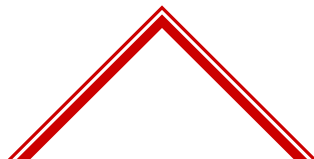
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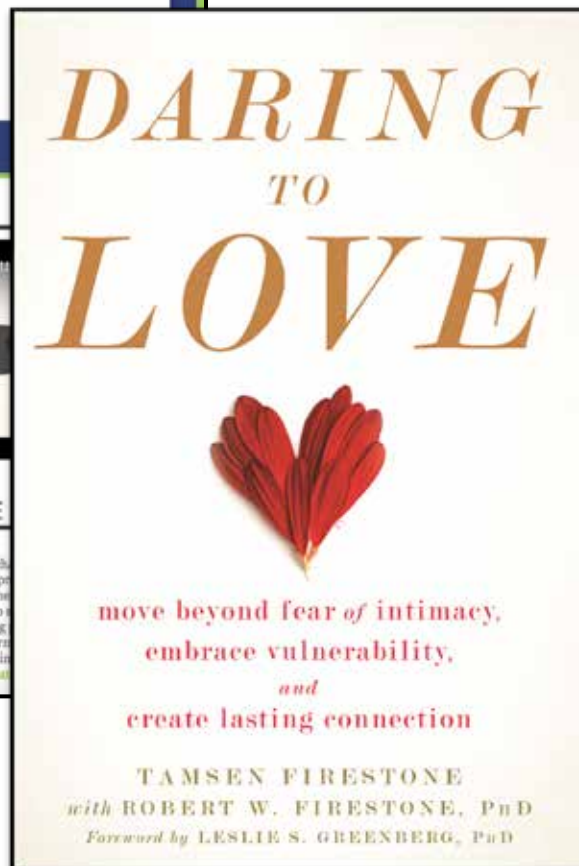
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Daring to Love: Interview with Tamsen Firestone

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Whose Life Are You

SUPPORT PSYCHALIVE





- ◆ *Love is not easy!*
- ◆ *Love is scary!*
- ◆ *Love is hard!*

“

*“The course of true love never
did run smooth.”*



– William Shakespeare A Midsummer's Night Dream



“

*"I'm gonna find someone someday
who might actually treat me well."*

- Taylor Swift White Horse



“

"Standing there in my party dress in red lipstick, with no one to impress."

- Taylor Swift The Moment I Knew



“

*"We are never, ever, ever getting
back together."*

- Taylor Swift We Are Never Ever Getting Back Together

“



-Rumi 13th Century Persian Poet



“

*“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.”*

75-Year Longitudinal Harvard Study



1937

**What factors contribute most strongly
to human flourishing?**



2012

- “The seventy-five years and twenty million dollars expended on the Grant Study points to a straightforward five-word conclusion: **Happiness is love. Full stop.**”
- There are two essential ingredients proven to correlate with a joyful existence, “**One is love. The other is finding a way of coping with life that does not push love away.**”



When it comes to love,
are *you* standing in the way
of your own happiness?



The answer lies in us.

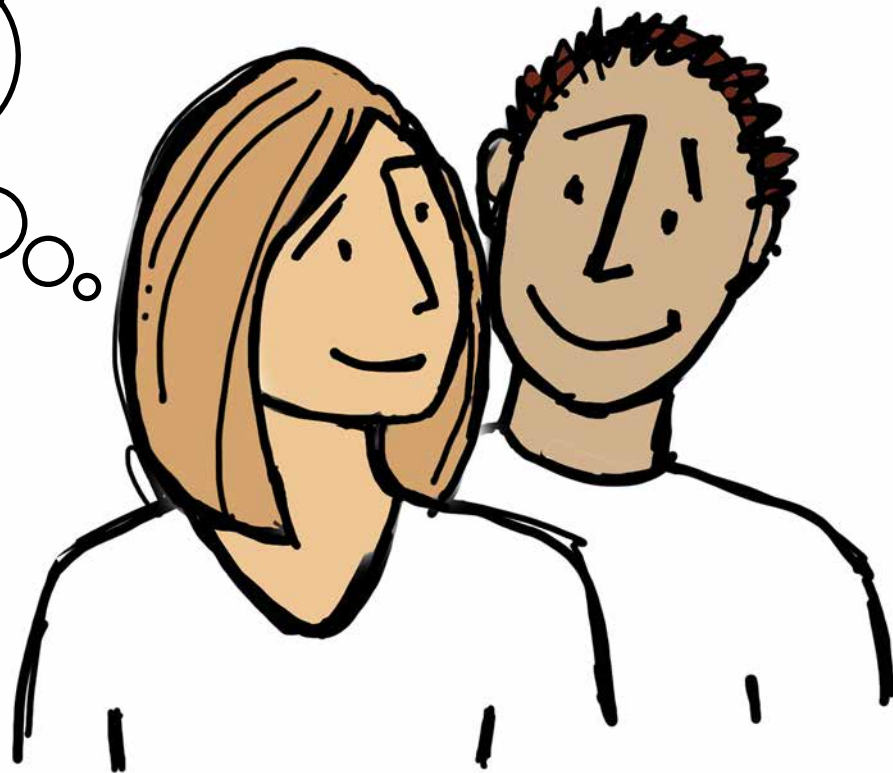


We can change ourselves.

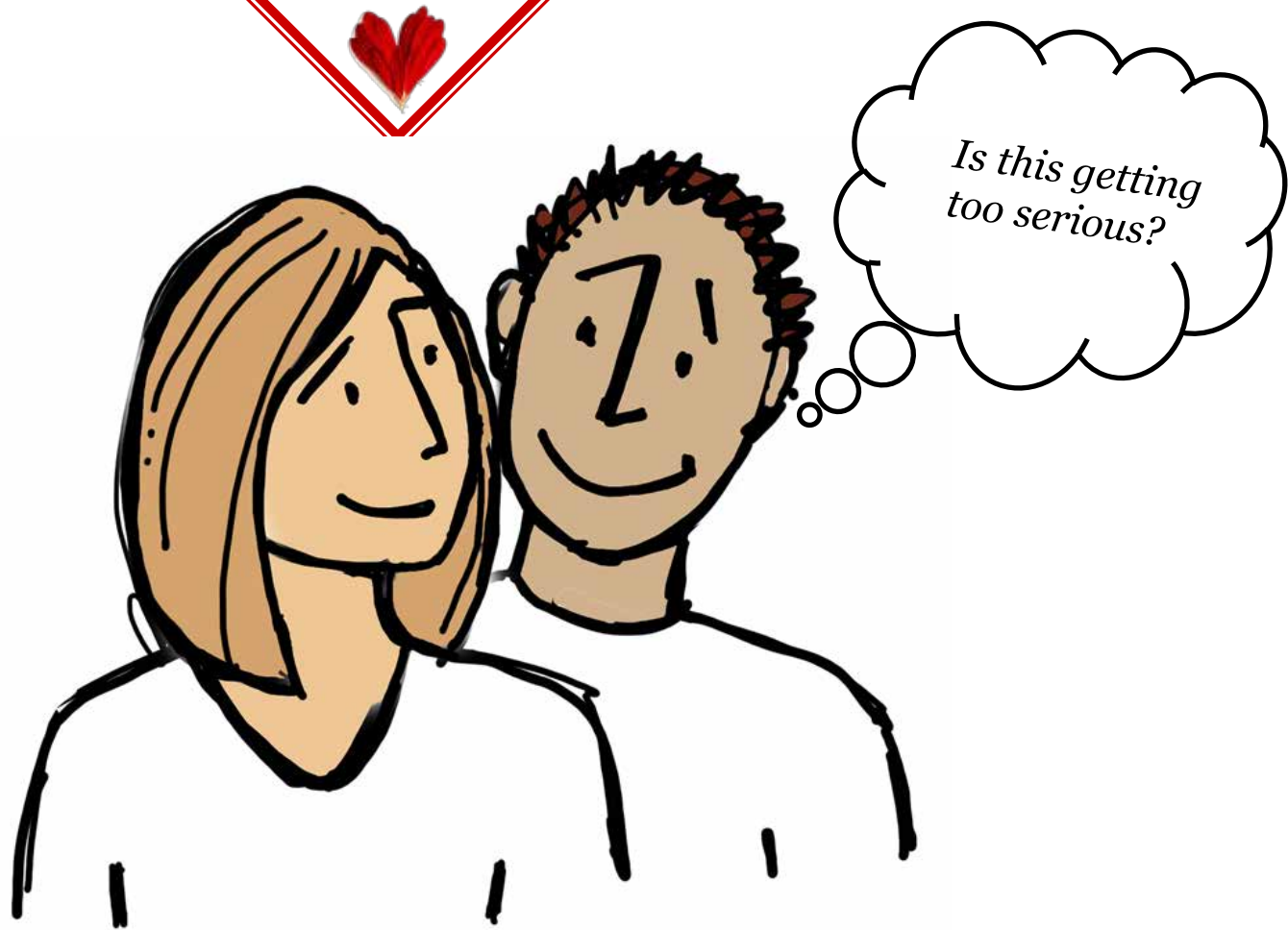


Move Beyond Fear of Intimacy

Why do we push love away? Why do we fear intimacy?







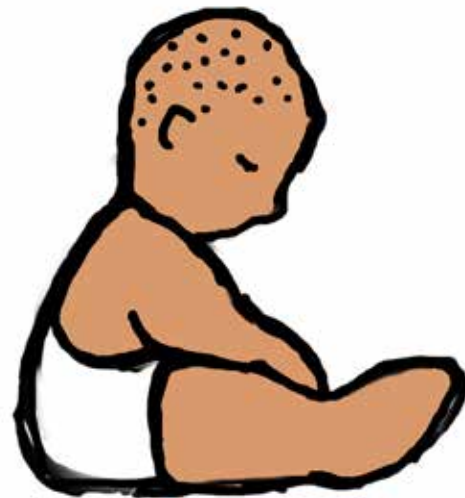
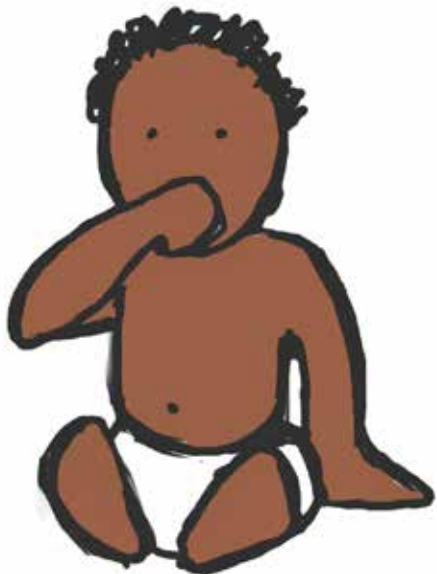




- ◆ *Love makes us feel sad.*
- ◆ *Love arouses fear of loss.*
- ◆ *Love threatens our negative identity!*



Defenses in Infancy





Defenses in Childhood





Defenses in Adulthood





Attachment Theory



Patterns in Childhood

Secure

Insecure - avoidant

Insecure - anxious/ambivalent

Insecure - disorganized

Patterns in Adulthood

Secure

Dismissive

Preoccupied

Fearful-Avoidant

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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



Embrace Vulnerability

How can we challenge our defenses so we can be vulnerable to love?



The Language of Our Defense System

*He doesn't seem
that interested
in me.*

*Is she telling
me the whole
truth?*

*I need some
alone time.*



*Should I
trust him?*



The Critical Inner Voice Attacks You!

*No one could
love you!*

You're not attractive!



You're a cold fish!

*You're boring and
uninteresting!*



The Critical Inner Voice Attacks Your Partner!

*He doesn't really
love you!*

*She's not good
enough for you!*



*He's not reliable.
He's going to leave you!*

*She's not
that pretty!*

He's a loser!



The Critical Inner Voice Attacks Your Relationship

*I don't see what's
so great about your
relationship!*

*Don't even bother
trying to work out
your problems.*



*You're all over each other.
It's embarrassing!*

*I don't see a future
for you together.*



The Critical Inner Voice Attacks Love!

Love always fades!

*Don't be fooled!
Relationships
never last!*



*Love always ends
in heartbreak!*

*This is all just
sentimental
foolishness!*



Voice Therapy



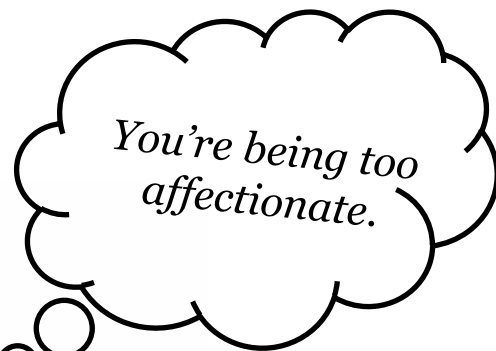
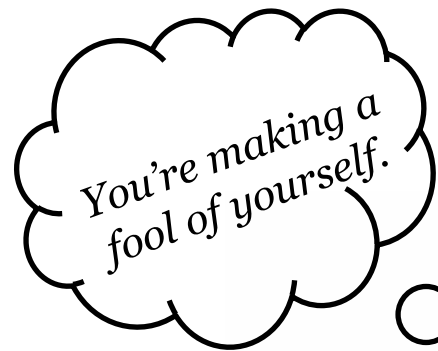
- 1. Identify*
- 2. Rewrite*
- 3. Reflect*
- 4. Confront*
- 5. Plan*
- 6. Act*

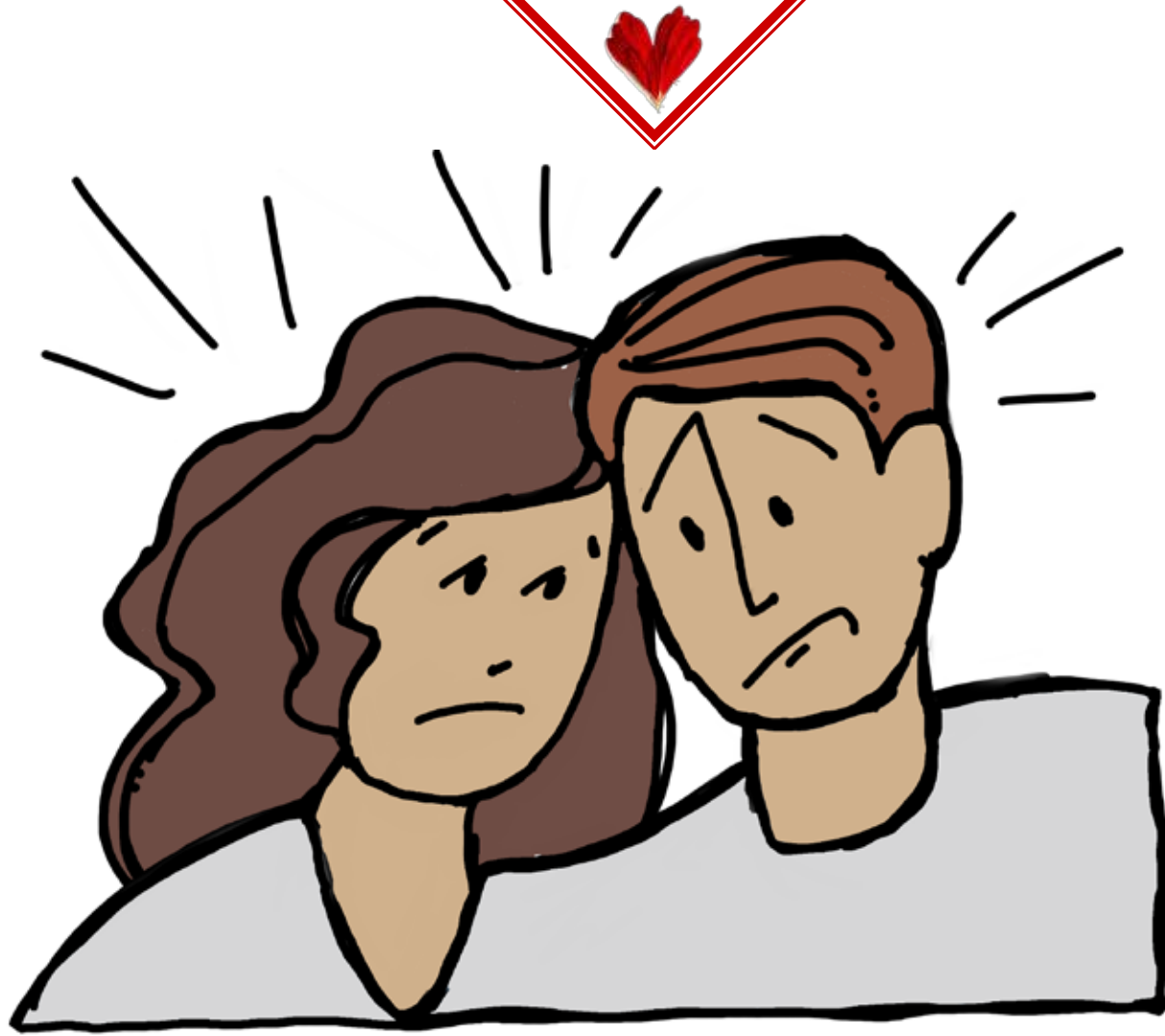


Create Lasting Connection

What actions can we take to create a lasting connection?











Changing Your Brain





Do NOT isolate yourself!

*You need time
alone to
decompress.*

*Aren't you getting
sick of being
together so much?*



*You're depleted.
You need to go off
by yourself.*

*You like
being alone.*



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.

Be generous!

*Notice when something
is needed*

Lend a helping hand

Give a sensitive gift

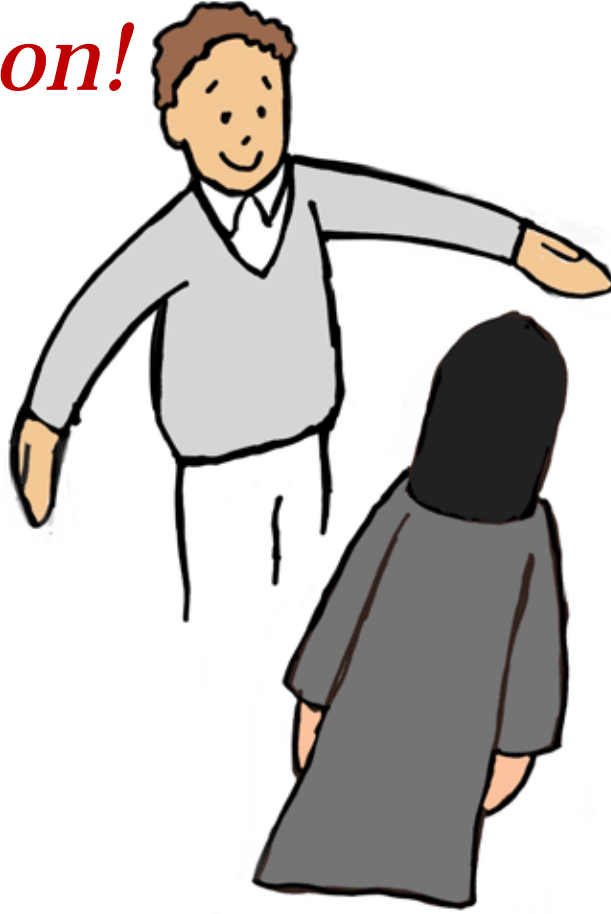


*Offer an ear to listen
or a shoulder to lean on*

*Make a thoughtful
gesture*



Express affection!



Accept affection



Express affection!



Accept affection



Express affection!



Accept affection



Advice from me:

- ◆ *Be courageous:* “It takes courage to grow up and become who you really are.” e.e. cummings
- ◆ *Be optimistic:* “Choose to be optimistic, it feels better.”
Dalai Lama
- ◆ *Take action:* “ Like everything else, love's not worth much without some action to back it up.” Pat Conroy



Advice from Robert:

- ◆ *Give it your all:* Don't hold back. Go for broke. Daring to love will give you the best chance for the best outcome—a loving and gratifying relationship.
- ◆ *Give yourself a break:* Have compassion for yourself.
- ◆ *Have a sense of humor:* A sense of humor can be a lifesaver in a relationship.



Advice from Lisa:

- ◆ *Be compassionate to yourself.*
- ◆ *Think about your goals for the relationship.*
- ◆ *Take full responsibility for your half of the dynamic.*
- ◆ *Practice unilateral disarmament.*



Advice from Robert and me:

- ◆ *Love is worth believing in.*
- ◆ *Love is worth fighting for.*
- ◆ *Love is worth the personal challenge.*
- ◆ *No other endeavor offers higher rewards.*



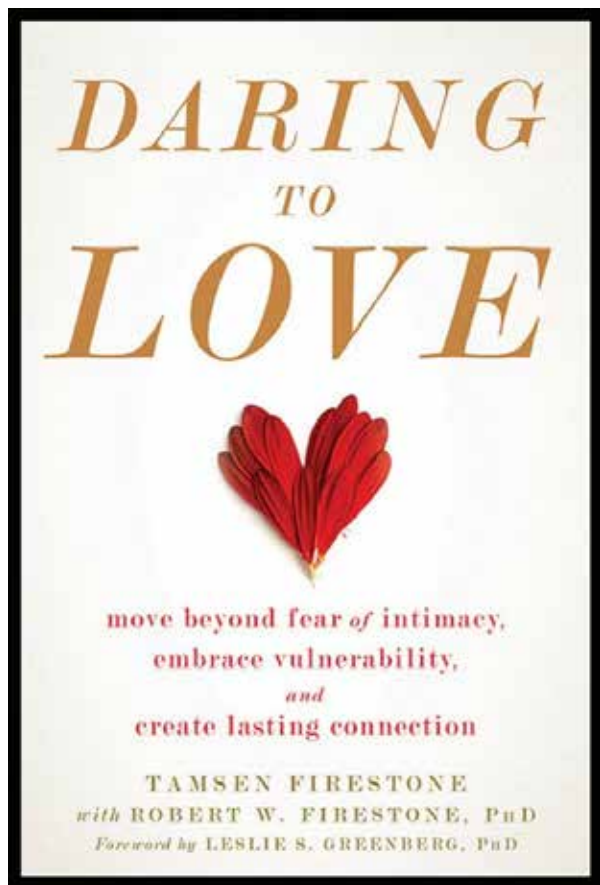
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*“Being deeply loved by someone gives
you strength, while loving someone
deeply gives you courage.”*

- Lao Tzu



Thank you!



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Thanks!

Any questions?



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