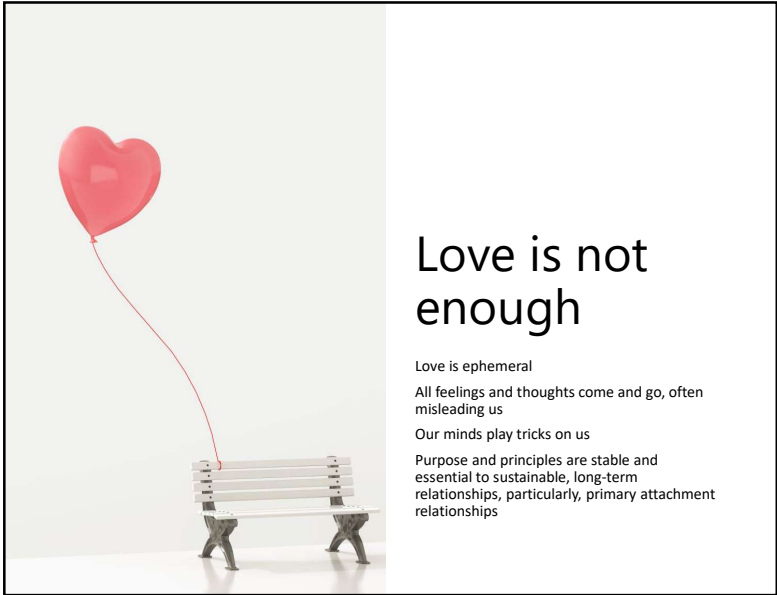
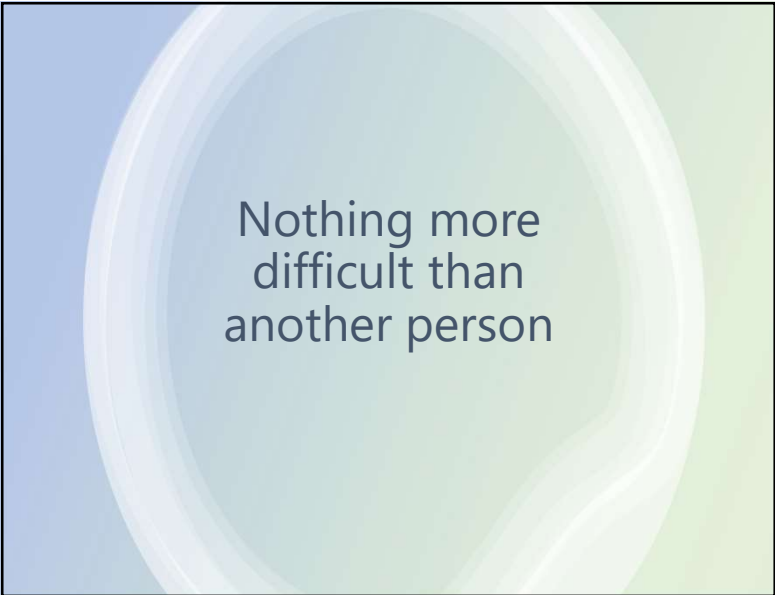




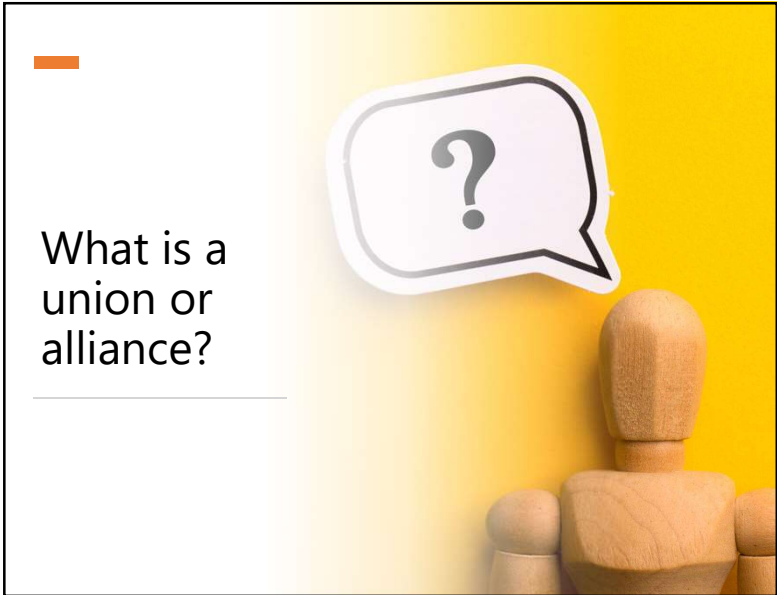
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Interdependence

- Versus dependency or codependency

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Relationships must be co-created, co-designed, and co-managed

Shared purpose and vision

Shared principles of governance

Guardrails

Relationship architecture

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The two main things that will erode all unions

Lack of or poor organization, structure, purpose, and vision

The manner in which partners interact when either one or both are under stress

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Maintaining a two-person system under stress

- Take care of myself and you at the same time
- Collaboration and cooperation
- Solving problems and not each other
- Threat
- How to Fight
 - Repair
 - Lead with relief
 - Stay on topic


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What can we hand down to our children

- Ethos, relationship ethics, personally held moral values concerning relationship
- What our kids see



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Basic Human Facts

Nothing more difficult than another human being

All people are annoying, disappointing, and contradictory

Real time is faster than consciousness

Complex functions of the human brain are both features and bugs

- Therefore, we mostly do not know why we are doing what we are doing
- What we don't know we make up

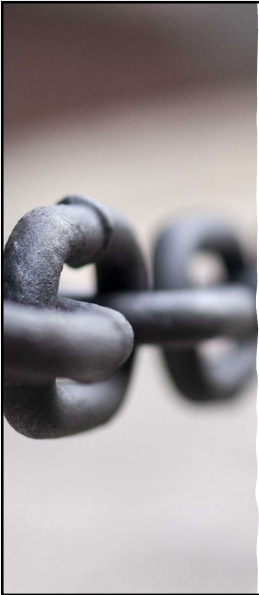
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Two-person thinking

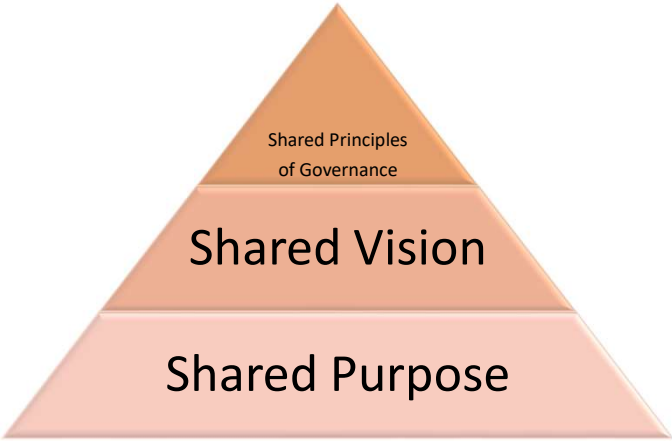
- If I shackled the two of you?



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Shared Principles of Governance

Shared Vision

Shared Purpose

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Secure Functioning Partners

- Are fully autonomous, differentiated individuals entering a conditional relationship, based on mutual terms
- Co-create the architecture, culture, and ethos that makes up their relationship
- Experience low interpersonal stress
- Become experts on each other

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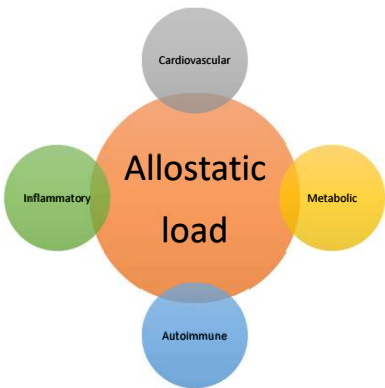
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Shared Purpose

- **No shared purpose** between united humans = **nothing to hold people together over time**, particularly hard times. Create a shared purpose for your relationship. Examples of shared purpose:
 - Together we **survive and thrive** in this life.
 - **Together we stand** in all things and against all odds.
 - Together **we share all burdens** and all bounties.
 - Together **we lead each other and everyone** in our care.

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Shared Vision

- **No shared vision** pointing people in the same direction = **people going off in their own directions**. Create a shared vision for your relationship.
 - Our vision is to remain in love, grow as individuals, do good things, and leave the world a better place.
 - Our vision is to raise our children to be good citizens, empathic human beings, self-respecting, earnest, morally straight, ethically unimpeachable, resilient, and loving.
 - Our vision is to serve one another and to establish each other's ongoing felt sense of safety and security, happiness and wellbeing.
 - Our vision is to be a secure-functioning couple.

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Shared Principals of Governance

- **No shared principles** by which to govern people in union = **unfairness, injustice, social insensitivity**, misbehavior, lack of accountability, and no safety, security, or prosperity in that union.

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Shared Principals of Governance

- We **protect each other's interests** in public and private at all times.
- We **do loving, romantic, and affectionate deeds** for each other throughout every day without exception.
- We consider our own interests, concerns, and troubles as we consider the other's interests, concerns, and troubles, and we do so simultaneously.

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Shared Principals of Governance

- We **have each other's backs** at all time, without exception.
- We **repair, correct, fix, or make amends** without explanation, condition, excuse, or defense when the other experiences hurt, misunderstanding, or any other injury – and we do so within one hour without exception.
- We **make all decisions** that would affect each other together by getting each other **fully on board** before acting.

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Human Error Potentials

COMMUNICATION, MEMORY, PERCEPTION, AND STATE

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Human communication,
even on a good day, is
horrible

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Memory is unreliable

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Communication

- **Human neurobiology based on energy conservation**
 - We do the least deemed necessary
- Romantic partners **think they are family** and so believe they can do and say anything and get away with it
 - They are STRANGERS who only think they know each other
 - They have dropped formalities that were there when they realized their strangeness
 - Partners are strangers who are always supposed to be learning each other
- **The brain's negativity bias** will always fill in blanks left by incomplete communication (poor signaling/response)
- Microcommunication is essential to reducing threat

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Perception is as accurate
as a funhouse mirror

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The Hubris of Humans

- We tend to believe that our memory, our communication, and our perception is the real thing
- And this is how we go to war with each other
- **Real time is too fast!**
- 90% or more of our day is **fully automatic** (memory-based)

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Takeaways -- things you can practice

- Perfect Relationship Exercise (pdf)
- Practice conflict management
 - Set kitchen (or other) timer for 20 minutes
 - You must both get to *mutual relief* by or before the timer goes off

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Memory –
State –
Perception

Memory
drives state

State drives
memory

State alters
perception

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Rules for Conflict Management

- Take care of yourself and your partner at the same time
- Remain orderly
 - Keep to one topic only
 - Take turns talking and keep it short
- Go face-to-face, eye-to-eye
 - Keep your eyes on your partner
- Lead with relief immediately if your partner complains
- Keep the pace relatively slow
- Focus on the problem/solution and not on each other
- Do not over describe the problem
- Do not refer to the past
- Jointly rush to mutual relief as quickly as possible

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Conclusion

- Love, emotions, intentions, and desires are not enough
- Clinicians must educate themselves on the social injustices, unfairness, and insensitivities endemic, baked into our society, and inflicted on those who are and continue to be marginalized (other-ism)
- The relationship therapist *must* focus on the central issues of justice, fairness, and sensitivity as defined by partners in a relationship
- Partners must co-create the architecture, culture, and ethos that makes up the actual relationship
- Purpose and principles are stable and essential to sustainable, long-term relationships, particularly, primary attachment relationships

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Thank you!

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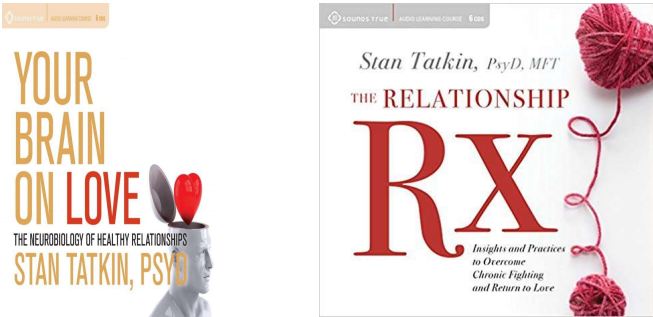
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Conclusion

- The human primate is a messy, warlike animal that, above all, **defaults to survival**, except when witnessing another human being in life-threatening jeopardy
- Human brain error potentials are real**, continuous, and problematic in all interpersonal relationships
- The primary problem in romantic relationships can be found in partner **interactions during periods of stress**
- Adhering to **shared purpose and principles allows for governance**
- Dedication to one's **principles makes one better, wiser, more disciplined**, and more self-possessed

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Available Now



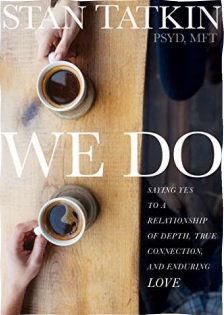
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WIRED
for
LOVE

HOW UNDERSTANDING
YOUR PARTNER'S BRAIN ^{AND}
ATTACHMENT STYLE CAN HELP
YOU DEFUSE CONFLICT ^{AND}
BUILD A SECURE RELATIONSHIP

STAN TATKIN, PSYD
FOREWORD BY HARVILLE HENDRIX, PHD

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PSYD, MFT

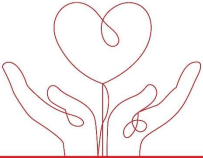


WE DO

SAYING YES
TO A
RELATIONSHIP
OF DEPTH, TRUTH,
CONNECTION,
AND ENDURING
LOVE

A Guide to the Most Common Relationship
Conflicts and How to Work Through Them

In Each Other's
CARE



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