



# The Two of Us

**The Two Of Us**



Strengthening The Couple's Connection



Rick Simon, M.Ed., LCPC

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**Attachment Theory**

Emphasis Upon The Fundamental Importance Of...

- Human Relationships
- Attachment History
- Attachment Style
- Emotional Sharing
- Neurobiological Science



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**Also The Basis For...**

- Dyadic Developmental Therapy (DDP)
- Therapeutic Parenting
- SPACE
- ARC



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## Also The Basis For...

- Dyadic Developmental Therapy (DDP)
- Therapeutic Parenting
- SPACE
- ARC
- Emotionally Focused Therapy (EFT)



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## When You Argue

1. What one topic or issue is the argument most often about?
2. How often do you argue about it?
3. How often to you have similar arguments?
4. How many months or years?



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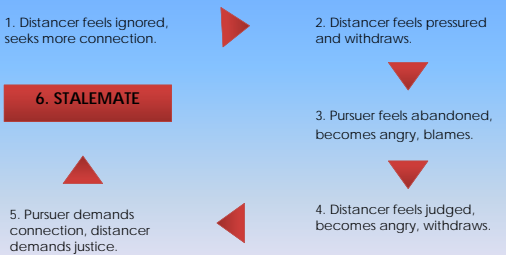
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## A Common Pattern



1. Distancer feels ignored, seeks more connection.
2. Distancer feels pressured and withdraws.
3. Pursuer feels abandoned, becomes angry, blames.
4. Distancer feels judged, becomes angry, withdraws.
5. Pursuer demands connection, distancer demands justice.
6. STALEMATE



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## It Could Be

Not a new argument but a new episode in an old one that has not been resolved because the topic you are arguing debating is not what the argument is really about.

What the words say is not what the argument really means.



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## What The Anger Means



I want or need something important from you and I don't feel that I am getting enough of it...



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## What The Anger Means



I want or need something important from you and I don't feel that I am getting enough of it... **which makes me feel \_\_\_\_\_.**



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## Full Circle

Recognize the Pattern Our wants, needs, anger, and underlying feelings may reflect old wounds from old relationships that we bring into new ones.



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## Five Ideas

1. Recognize the Pattern
2. Let Go of the Moment
3. Discuss Wants & Feelings
4. Be Empathic
5. Be Vulnerable



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## And One More

You accumulate more of what you need by giving than by withholding. Giving is receiving.



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