

Lesson 4 Working with Couples

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How to make it safer for the individual inside the relationship and with the therapist.

Self Energy – The essence of who we are

We are co-regulators (animals are too) and if dis-regulated we will respond to each other (at least internally)

Protective parts never connect with the protective parts of another person without the help of Self. A protector is self-preserving as a priority.

Our nervous system is built around safety. Our parts work to find that safety. Systems are oriented around safety.

Safety orientation is established from the beginning of our lives. What is safe and not safe.

To break the cycle, we need to slow it down with curiosity and see what is happening, to help our parts un-blend, and find a way to do it differently.

Teaching our parts a different way

After un-blending enough to Self-regulate

So that a couple can co-regulate.

There is a desire to connect that always comes back (eventually).

Intimacy feeds us.

We have to relearn how to be safe with intimacy