

CRITICAL COUPLES QUESTIONS

Many things in life are TRUE SIMULTANEOUSLY. Facts and Feelings in relationship are often simultaneously true and simultaneously in conflict. I love you and I am mad at you for working so much is often true. I don't love you because I am mad at you is a distortion that comes from being blackmailed and threatened with withdrawal of love as a child. It is often parent's shorthand intimidation to get a child to change their behavior (Behave! or you are not My Child!)-(Go to your room and think about it-[with the unstated message of "until you agree with me"]).

Exercises to get the Facts and Feelings separated and down on paper.
This is FACT gathering about THE FACTS OF YOUR PARTNER'S
OPINIONS - THOUGHTS - FEELINGS.
THIS IS NOT PERSONAL - THIS IS FACT GATHERING

You don't have to agree with them - just write it down and think about it for a week.

1. How did I get Hired (picked, chosen, selected) into this relationship by my partner?

(What did I do)(What was I) that they liked and therefore agreed to live with me?
(Where did I learn to do/be that? From my parents? Did I decide to do/be that myself?)
(Does that work well now? Should/Could I keep doing/being that now? Do I want to?)

2. How do I get Fired (divorced, dumped, abandoned) from this relationship by my partner?

(What do I do)(What am I) that they dislike and therefore want to split-up with me?
(Where did I learn to do/be that? From my parents? Did I decide to do/be that myself?)
(Does that work well now? Should/Could I keep doing/being that now? Do I want to?)

People often get married and divorced for the same reason at the psychological level then the social level frequently changes a lot - new partner, new job - new etc. people are distracted by the changed social level and miss the process similarity.

3. How am I like my partner's parents that is OK and that is NOK with my partner?
4. How am I like my partner's other relationships that is OK/NOK with my partner?
5. How did my partner's family of origin deal differently with issues of sex, food, power, money, child discipline, feelings of Mad-Sad-Glad-Scared, being supportive, being critical?
6. I am Not-OK because you do/feel...(example)...and then I can't do/feel...(example)... (is that true?)
7. If only you would change doing/feeling...(example)...then I could do/feel...(example)... (is that true?)
8. I can't be happy because you do/feel...(example)...and that makes me do/feel...(example)... (is that true?)



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**