



Northwest Seminars & Consulting
"Exploring the Best in Human Potential"

LOVE'S FOUR JOURNEYS: Necessary Skills Understanding the Never Ending Loop, Empathy, and Repair and the Counter Instinctive Move.

Workshop presented by Linda Carroll, M.S.

Third Journey: Despair

As evidence accrues to support your worst fears you may feel caught in a bind that feels impossible to escape. Your strongest protections emerge, so does your partners. Now it is not the brightest part of your personalities that connect but the darker shadows of your defenses collide. Blaming, running and hiding show up, taking the place of what was once generosity, confiding and accepting.

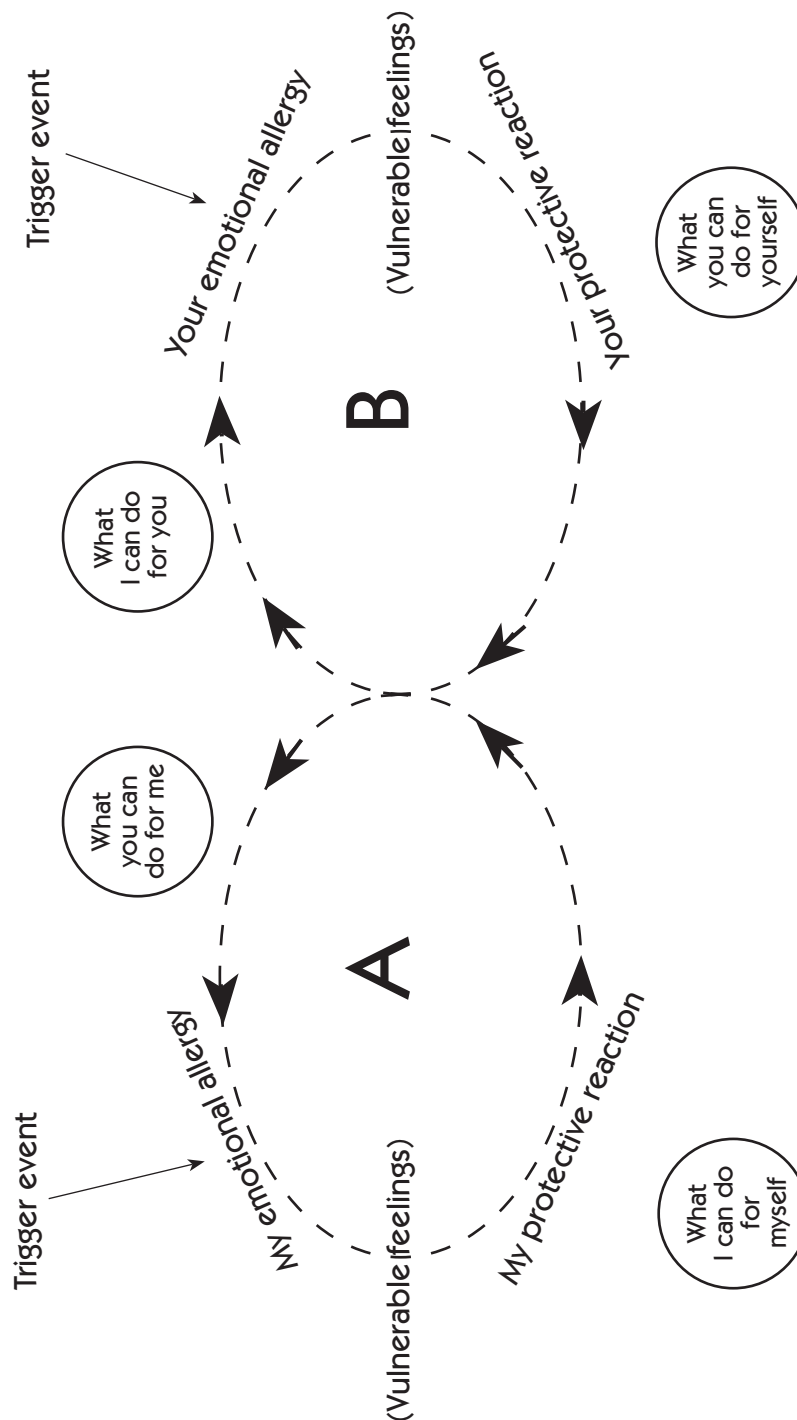
The Unending Infinity Loop

It is also about now that we become subject to the insidious "Negative Infinity Loops," which are the bane of every relationship. She who fears rejection discovers that he fears intimacy . He pushes her away. Of course his aloofness leaves her feeling abandoned, and she may try to get closer again, which makes him retreat even further, and so on. Round and round we go. The despairing feeling is "here we go again".



Negative Infinity Loop

Identifying Exit Ramps



Adapted from the work of Ann Ladd, Ph.D.



Finally, exhausted, people do one of three things.

1. Parallel Paths
2. Separate
3. Move to a truly conscious relationship

Necessary Repair Skills

1. Learn to Fight Fair
2. Avoid Four Horsemen
3. Apologize regularly
4. Sharpen up your Empathy
5. Reimage your partner
6. Understand yourself, manage yourself, learn to self soothe
7. Bring back Humor
8. Practice the counter instinctive move (fake it till you make it)

Stage Four

Welcome back Safety, Passion, Real Intimacy and Laughter