

The Life Cycle of Relationships

Part Two

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Photo are presented for educational enhancement and noncommercial use.

- Carol Burnett Wrong Number

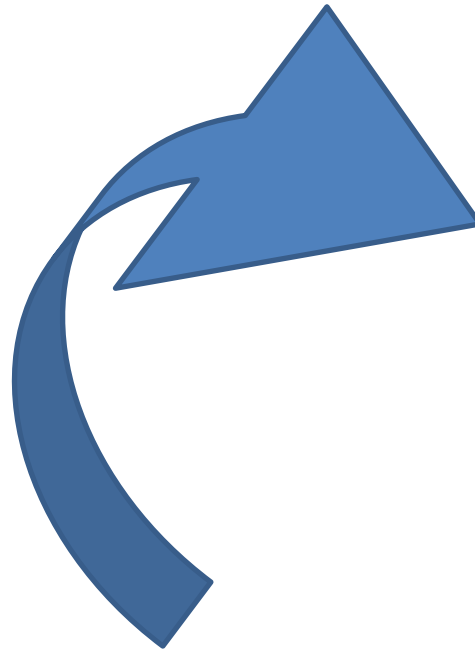
The Cycles of Relationships



- No perfect relationships
- Applies to every long-term relationship
- Even if you do nothing

The Honeymoon Cycle

- Honeymoon stage
- Schmoozing
- Best foot forward
- Heavy deposits
- Positive bids



Mapping

- Reading and tracking others for approval
- Willing to sell yourself out to get it



Emotional Bank Account

- Heavy investments
- Seek the other's approval
- Look for validation



The Accommodating Stage

- Emotional investment is off balanced
- Comfort zone
 - All I want is peace
 - Life is boring
 - Feeling controlled
 - Get lazy
 - Disappointed
- We're willing to violate our integrity



Borrowed Self

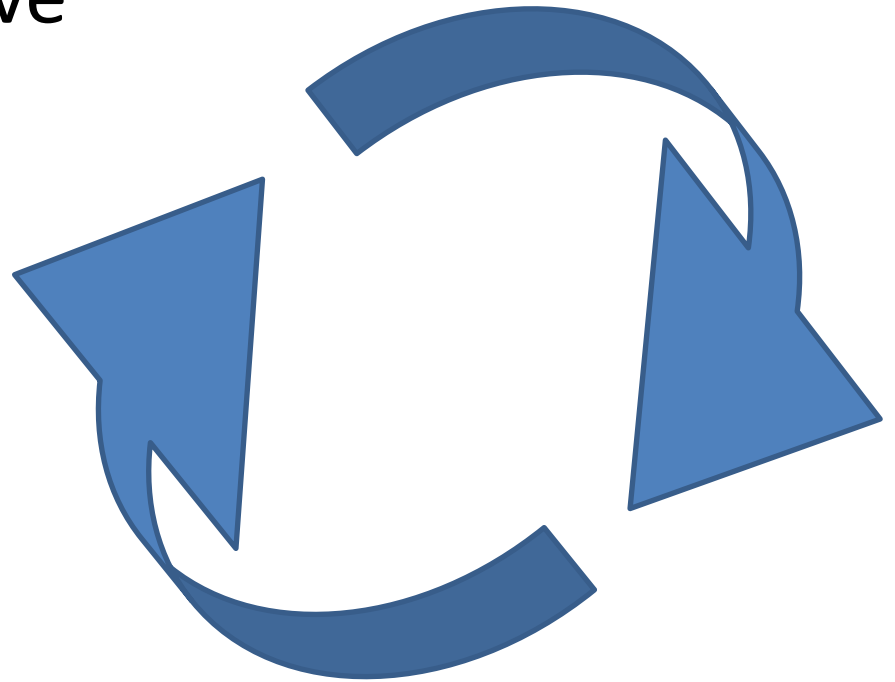
- Relies on the validation and approval of others
- Feeling inadequate
- The environment
- Things going your way
- Plays the comparison game
- Low level of emotional maturity
- Needy

Impression management

- Pseudo-self
- Avoid conflict and rejection
- We invest more in the other
- Everything is personal
 - Looking for acceptance, understanding, validation

The Conflict Cycle

- Conflict and Resentment
- Sick and Tired
- Something's got to give



Psychological Warfare

- Criticism
- Blaming
- Contempt
- Undermining
- Stonewalling
- Manipulation
- Acting inept

- Sexmunication



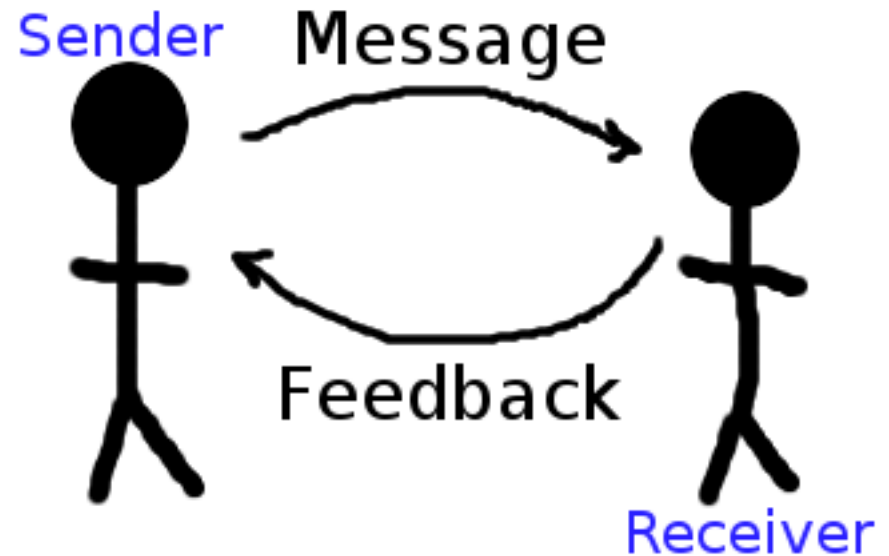
Mapping

- We map sounds also
- Attempt to beat your radar
- Wired to track anger



Communication

- Will not fix it
- Often makes it worse
- They understand but refuse



- Emotional gridlock
 - Gottman Research
- Conflict vs. pandering
- Lousy sex and mercy sex is perfected here
 - It sends a message
 - It also gets your attention



Integrity

- You realize you matter
- Tired of propping up your partner's ego
- You say what needs to be said instead of avoiding the other's reaction