



Relationship Matters

Managing Your Emotional System

Developing a Self-in-Relation

1. Differentiation is the ability to maintain your sense of self when you are emotionally and physically close to others – especially as they become increasingly important to you. True or False
2. Fusion is an invisible-but-tenacious emotional connection. True or False
3. Differentiation is about getting closer and more distinct – to form a positive relationship connection - rather than more distant and individuated. True or False
4. As people operate less out of emotional fusion, they report having better relationships. This is because they have more choice over what and when they think, do and feel. True or False

Differentiation Diagram

High Differentiation

High Emotional Maturity

Low Emotional Maturity

Low Differentiation

What do You Think?

Giving up your Individuality to be in a Relationship is as defeating in the long run as giving up your Relationship to preserve your Individuality.

Either way you wind up being less of a Person with less of a Relationship!

Managing Your Emotions

The What's, the Why's and the How's

A Thoughtful Question #1

Can You Trust Your Emotions?

Yes?

No?

Sometimes?

The A,B,C's of Emotions

A	+	B	=	C
We Become Aware				Emotions
We Feel Affected				Feelings
Hula-Hoop Vibrates				Actions
Something Matters				Behaviors

We Naturally Think that "A" Causes "C."

We say, "You Made Me So Angry!"

Epictetus: The Stoic

The appearance of things to the mind is the standard of every action to man.

In a word, neither death, nor exile, nor pain, nor anything of this kind is the real cause of our doing or not doing any action, but our inward opinions and principles.

What disturbs men's minds is not events but their judgments on events. What distresses him is not the event, for that does not distress another, but his judgment on the event.

Epictetus the Stoic

Practice then from the start to say to every harsh impression, "You are an impression, and not at all the thing you appear to be." Then examine it and test it by these rules you have, and firstly, and chiefly, by this: whether the impression has to do with the things that are up to us, or those that are not; and if it has to do with the things that are not up to us, be ready to reply, "It is nothing to me."

What Determines What?

What do you “see?” What Determines “Data?”

“It is wrong to assume that theories are based on observation. The opposite is the case. The theory determines what we can observe.”

Albert Einstein

(1926 Conversation in Heisenberg)

Therapists and “Data”

Three umpires are sitting around over a beer and one says, “There’s balls and there’s strikes and I call ‘em the way they are.” Another says, “There’s balls and there’s strikes and I call ‘em the way I see ‘em.” The Third says, “There’s balls and there’s strikes and they ain’t nothin’ until I call ‘em.”

W.T. Anderson, *Reality isn’t What It Used to Be*

The A, B, C's of Emotions

A	+	B	=	C
We Become Aware		Our Belief		Consequences
We Feel Affected		Our Interpretation		Emotions
Hula-Hoop Vibrates		Our Perception		Feelings
Something Matters		Our Glasses		
		Assigned Meaning		Actions
		Story We Tell Ourselves		Behaviors

“Cause” versus “Expose”

Events Do Not “Cause” or “Create” What’s Inside Each of Us.

Events Stimulate, Evoke, and Expose What is Already Inside Each of Us. Every Person’s Brain Creates Meaning. Every Person’s Brain “Fills the Gap.”

We Can Learn a Great Deal About Ourselves (lest about Reality) by Whatever Emotions We May Experience.

Managing Your Emotions

Having Your Emotions Without Your Emotions Having
You.

The Ability to be Affected without being Infected.

To “B” We Add: Meaning, Motive, and Judgment

Our Stories Interpret Data

Many “Stories” Can Come from the Same Data.

Three Stories

The Victim

(Turn Victims into Actors)

The Villain

(Turn Villains into Humans)

The Helpless

(Turn the Helpless into the Able)

Identifying Emotion

1. Observe and Describe the Event Prompting the Emotion, i.e. the Trigger.
2. Identify the Interpretations of the Event that Prompted the Emotion, i.e. the “Belief” Factor.
3. Observe and Describe the Actual Experience, including the Physical Sensation of the Emotion.
4. Observe and Describe the Expressive Behaviors associated with the Emotion.
5. Observe and Describe the After Effects of the Emotion on Your Functioning.

Manage Self Inside Your Hula-Hoop

When you Feel an Emotion, your Hula-Hoop Vibrates.

Sympathetic Resonance: Others will Vibrate.

Calm Yourself Inside Your Own Hula-Hoop.

Look Only Within Your Hula-Hoop for Your solution.

Challenge Your Perception of the Situation.

Control Your Behaviors. “Have” your Emotions, Without Your Emotions “Having” You.

Be Affected Without Becoming Infected.

Important Ideas

Your Identity and Your Emotions are not the Same Thing.
You are Not Your Emotions.

Emotions are Usually Shared in order to Influence,
Persuade and Change Others.

Emotions Inadvertently Confirm One's Preconceived
Version of Reality. Emotions Tend to Validate One's Own
Reality. This Creates a Reciprocal Feedback Loop.

A Thoughtful Question #2

When is it “Right” to Share Your Emotions?

Ask Yourself:

“What is the *Purpose* of Sharing What You are Feeling and Experiencing with Your Spouse (or Someone Else)?”

“What Do You Want to *Happen* as a Result?”

Responsible Sharing

Take Responsibility for Your Own Emotions.

Resist the Temptation to “Blame” Others for What You are Feeling. Be Careful of the “You” word!

Share from Inside Your Hula-Hoop So as to be Known.

Your Emotions Will Tell A Lot About Your Own Life.

Share Your Life with Others without Taking Them Emotionally Hostage!

The ABC's of Emotion

In order for a problem to be *the* problem, don't *you* become the problem.

In order for an issue to have a chance to become the issue, don't let your emotional response to the issue become the issue.

What's the real issue: Your emotional response to the issue? Or the issue?

What do *you want* the focus to be?

Are you trying to find a solution? Or do you simply *want* to make it "personal?"

The ABC's of Emotions

There is the “problem” and then again, there is our *response* to the problem.

We are each responsible for our response to the problem.

Our emotional response does not necessarily change “reality.” *If our emotional response does bring about change, we may have to continually have the emotional response in order to sustain the change that has been created.*

The ABC's of Emotion

Resist the temptation to say: “This shouldn't be happening!”

Rather, say this: “Everything is exactly as it should be in this moment for things to be as they are, whether I like it or not. What is necessary for it to be this way is present. There is no ‘magic’ in this world.”

If all the ingredients are still present, you will get the same results.