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SEWING PARTNERS TOGETHER: TECHNIQUES FOR MOVING COUPLES TOWARD SECURE FUNCTIONING

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THERE ARE TWO MAJOR TRACKS IN ANY TREATMENT MODEL

What is it What to do about it

OUR CHALLENGE AS COUPLE THERAPISTS IS THIS:

We need to find out what is actually going on! Who are these people? What do they really want? And what are they up to?

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Sewing Partners Together: Techniques for Moving Couples Toward Secure Functioning

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- The reason we can't get this info readily is because we (most of us) have been trained only to listen to the words
- And we haven't paid close enough attention to the body
- We're wired for words from the beginning which is why we are mesmerized when people talk
- Not a problem with animals and babies

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NARRATIVES LIE

There are reasons why words are NOT reliable

1. People don't know what they are doing (most of the time) or why

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- 2. In the absence of knowing, people make shit up
- 3. People also lie
- 4. Memory drives knowledge
 - Memories are shaped by present state and state changes perception
- Things are rarely what they seem
- Even for us as therapists, we are shackled by the same limitations
- · We don't know what is going on and we are making shit up too

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OUR BIG JOB

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Locate pain, amplify it, and leverage it toward secure function – rinse and repeat Move partners toward clarity within a secure functioning environment Find the baby No angel, no devils Partners are more alike than not Where there's one, there's the other Look both ways or else

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What is Secure Functioning?

- Partners are in the foxhole together
- Partners put the relationship first (couple bubble)
- Partners have each other's backs
- Partners are experts on one another
- Partners are fully collaborative, fully mutual
- Partners are mostly fair, just, and sensitive
 Partners fully agree to principles of both personal and mutual good (e.g. thou shalt not kill)
- Partners use attraction, not fear, guilt, or shame
- Partners care for the self and the other simultaneously
- Partners are good stewards of the safety and security system

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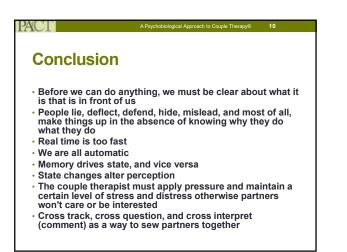
What is Secure Functioning?

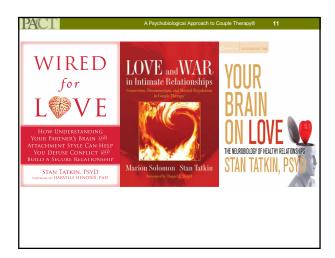
- Partners never threaten the relationship itself
- Partners tell each other everything (why not?)
- Partners accept each other as burdens
- Partners accept that we are in each other's care
- · Partners are the go to people
- Partners protect each other in public and private
- \bullet Partners' decisions are always based on what is good for both
- Broker win/win situations
- Partners administer to each other immediately when in distress

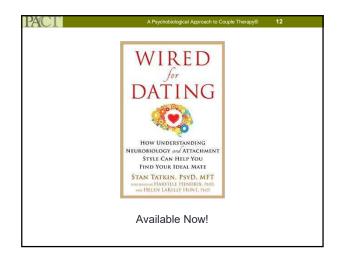
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We have to rely on the body not the narrative

- Crossing Technique
- This technique of getting and using information will greatly speed up the information you get and are able to use now and in the future
- Here's what it looks like: I cross watch and track with my eyes, I cross question partners, and I cross interpret partners to each other
- Here's what it is
- Cross tracking
- Cross questioning
- Cross commenting (interpreting)
- Here's how it works









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HAVE FUN WITH YOUR COUPLES!

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