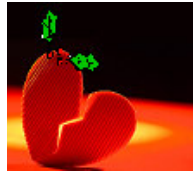


REFRESH

Lunchtime Seminars



Being in Love - Staying in Love.

Looking at your love styles, unpacking intimacy

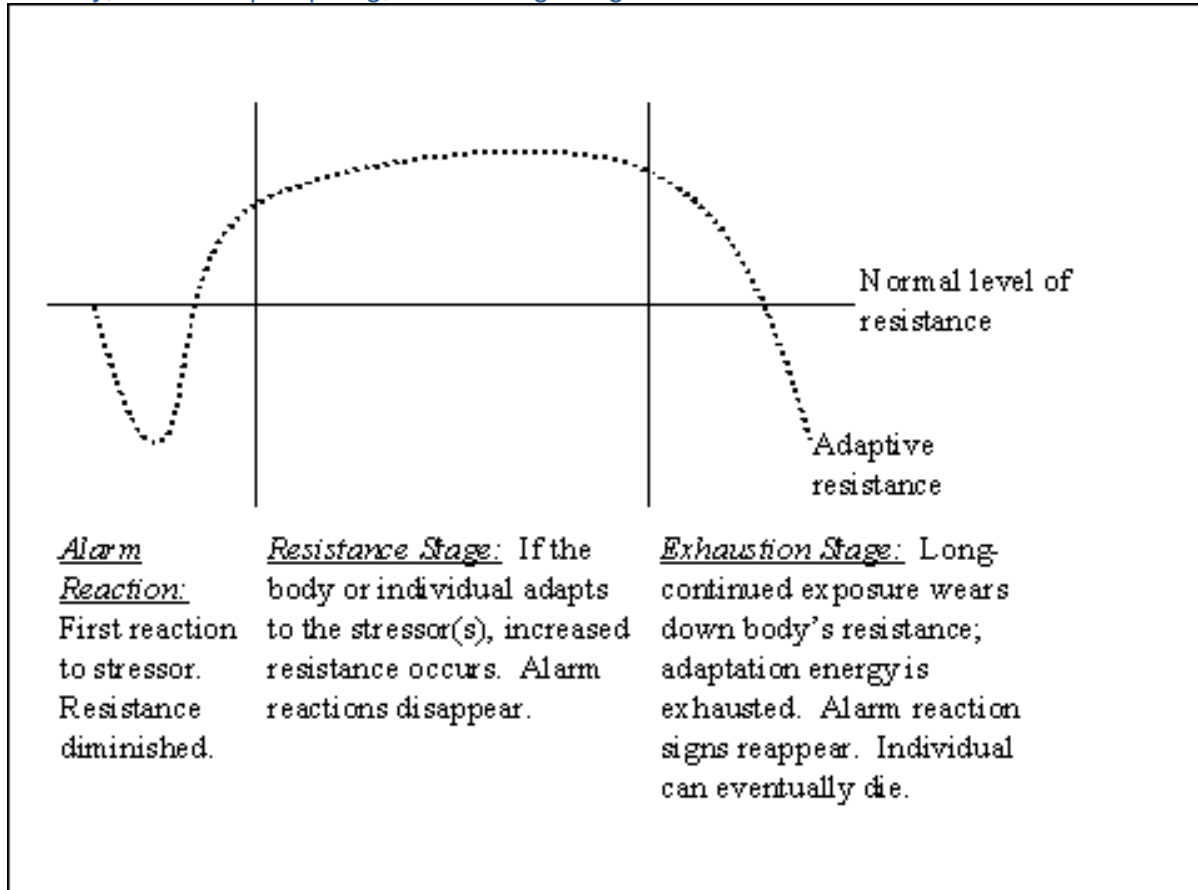
Writer, broadcaster and psychologist
Prof. Alex Gardner

SIGNS OF LOVE.

What do you see/experience?

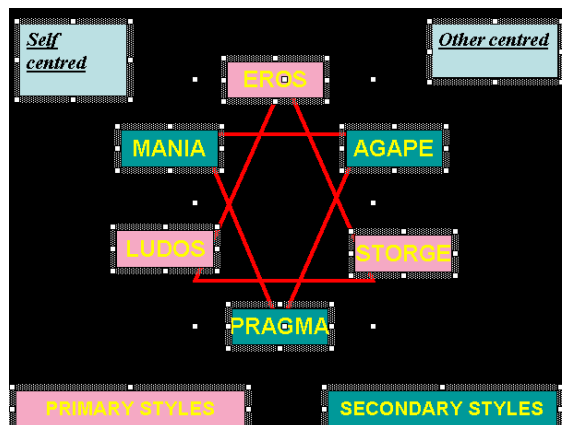
Being in love can kill you. It is a stressful event:

Mind racing, heart pumping, blood pressure soaring, mouth dries up, hands cold and clammy, forehead perspiring, sudden urge to go to bathroom.



Being in love involves building and investing in one another – EMOTIONAL EQUITY

- EROS** – love at first sight; physical arousal.
- STORGE** – loving affection developing over time. Involves commitment.
- LUDOS** – rover and love collector. Little commitment.
- MANIA** – Intense jealousy. Preoccupation with loved one.
- PRAGMA** – search for compatible partner.
- AGAPE** – selfless caring without self-interests

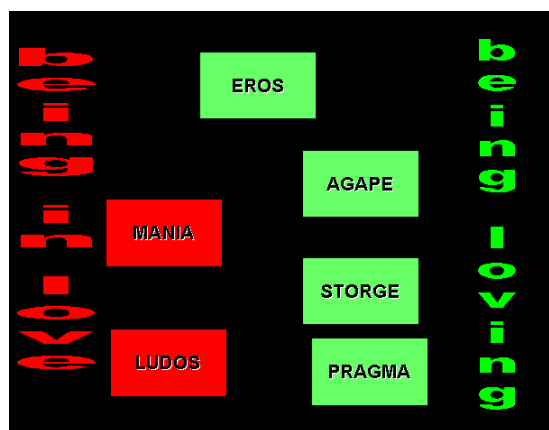


- Falling in Love** - •arousal •interest •pursuit •contact •jealousy ► pain tears and laughter
- Staying in love** – •enduring commitment •expressed intimacy •emotional connectors
- mutual support ► tears of laughter and yet more laughter

STROKING ANOTHER:

Positive and negative; for **being** and for **doing**; conditional and unconditional.

- Internal** (fantasies, self praise);
 - External** (strokes from others);
 - Conditional** (“I like your coat.”);
 - Unconditional** (for being you);
 - Negative** (“I hate you.”);
 - Positive** (“I love you.”)
- (Stroke value – love is high; just Hi is low.)



Passion – Erotic interest and sexual consummation

Intimacy – Involves self disclosure; sharing emotions and stories with partner

Commitment – decisions to stay with partner; defers this relation with other possible partners

Non-love		Low P I C
Liking	High I	Low P C
Fatuous Love	High P C	Low I
Romantic Love	High P I	Low C
Empty Love	High C	Low I P
Infatuated Love	High P	Low I C
Consummate Love	High P I C	

DEVELOPING EMOTIONAL CONNECTORS

Research has shown that couples that exchange good emotional connectors have a surviving relationship: •eye contact •tone of voice •touch •gifts •letters, e-mails or pictures.

When a relationship goes wrong (Death, Divorce or Separation) two things get lost – the partner AND the emotional equity.

STABLE MARRIAGES

Avoiders (unemotional, enduring)

Bickerson (Arguments, high intimacy)

Validating (Respect, listening)

DANGER POINTS

When you are tired, stressed, multi-tasking, keeping secrets (It must be Christmas?)

REDUCING SHOPPING STRESS

Do shop early

Do work to a list

Do shop when the stores are quiet

Do keep your fluid levels up

Do make yourself smile

Don't stand when you can sit

Don't shop on an empty stomach

Don't shop when you're tired

Don't impulse buy

Don't go over your limits

TEN TIPS FOR BUILDING A MARRIAGE

Take encouragement or take action by thinking about the following points and how they can strengthen your marriage:

1. You don't have to **feel** loving in order to **be** loving.
2. Love your husband/wife even when they don't deserve it. None of us does all the time.
3. Choose to treat your marriage partner with respect! Even when hurt or angry, at least be as polite as you would be to a neighbour or colleague. If you wouldn't be rude to them, why should you be to your partner?
4. Recognise that - just like you - your marriage partner sometimes needs somebody to comfort them. Give them a hug, a touch, a reassuring word or listening ear.
5. Make a decision to listen to, and understand your husband/wife - before you expect them to listen to you.
6. Remember, it's not what you said, but what they think you said that is the issue. In a conflict, keep to the issue in hand.
7. Resist the temptation to say ". . . and while we're about it, another thing is . . ."It's extremely difficult to resolve multiple issues at the same time.
8. Help and support one another in the 'little' tasks of life.
9. On sensitive issues, and during disagreements, feed back what you think your partner is saying or feeling - before you say what you think or feel about the matter.
10. Appreciate your marriage partner. Be specific about what you like about them.

TEN RULES FOR A HAPPY MARRIAGE

1. Never both be angry at the same time.
2. Never yell at each other unless the house is on fire.
3. If one of you has to win an argument, let it be your mate.
4. If you have to criticise, do it lovingly.
5. Never bring up the mistakes of the past.

6. Neglect the whole world rather than each other.
7. Never go to sleep with an argument unsettled.
8. At least once a day say a kind or complimentary word to your spouse.
9. When you have done something wrong, be ready to admit to it and ask for forgiveness.
10. It takes two to make a quarrel and the one in the wrong usually does most of the talking.

Be prepared to do these but not expect them

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