

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

Common Traits of Child States or Trauma

This is a list of possible ways we react from a childhood place, if you notice any of these in yourself; see what age you are at during these moments.

If you are responding in these ways, it is likely there are some old patterns getting activated by your current situation—this is a call to become conscious of when this is occurring and break the pattern of your habituated responses.

Emotions and behavioral actions that indicate Child States

- Fear of saying what you feel, need, think and want.
- Fear of saying no and setting limits.
- Feeling hurt, mad, rejected when somebody says no to you.
- Fear of being left, hurt, abandoned.
- Fear of being swallowed up and losing identity.
- Fear of violence. (In some cases, there is imminent danger of physical harm, in which case the fear is triggered by reality. In many cases however our fear is triggered by a misperception of the present moment.)
- Intense angry outbursts, screaming, yelling, name calling.
- Rationalizing/making up excuses for your partner's behavior. ("Well nobody's perfect/I'm probably making too big a deal/others have it worse.")
- Taking on the worries and anxieties of your partner (your partner is upset so you immediately feel upset).
- Breaking agreements, not following through on tasks you agreed to do.
- Blame; not taking responsibility for your actions. (I'm too tired/it's raining/you didn't remind me/fate is against me, etc.)
- Feeling entitled to be waited on, supported, and taken care of, in what ways? Withholding, withdrawing, and refusing to talk.
- Feeling uneasy, possessive, or jealous when your partner seeks out new friends and feels passionate about other interests.
- Feeling afraid or embarrassed to tell your partner you've made a mistake.
- Feeling needy, insecure, or afraid of being alone

- Keeping secrets from your partner.
- Defensiveness – having difficulty listening to your partner without interrupting to explain yourself or prove your partner wrong.
- Fear of going for help when you are in serious trouble as a couple
- Being in unequal roles, such as parent-child, teacher-student, or enlightened one/neophyte, rescuer/rescuee, healthy/damaged,
- Active addictions to drugs, food, gambling, shopping, sex, work, that are not being addressed.
- Using sex to try to create a closeness that is lacking in the relationships or saying yes when you really want to say no or no when you really want to say yes. Frequent headaches, stomachaches, tensions, low energy, boredom with life, feeling stuck.

Language Which Indicates Child States:

- "I'm afraid to tell you because I'm worried about what you'll say."
- "You're picking on me."
- "It's not fair."
- "I'm being punished."
- "I can never do it right."
- "I never get a chance to talk."
- "I'm afraid of being abandoned or rejected."
- "I can't believe people would be so dishonest, mean, and inconsiderate."
- "I can't do this because I'm afraid."
- "I'm afraid to hurt their feelings."
- "I'm only as happy as my partner (or children) are happy."
- "Maybe if I'm sweeter/smarter/quieter/richer/thinner, etc., he or she will..."
- "If you don't do what I want it means you don't love me."