

THE COUPLES CURE

Miraculous Recovery for Couples on the Brink

LOSING STRATEGIES as identified by Terry Real

- 1.) Needing to be right
 - a.) Finding out whose view is more “valid”, “accurate”, or “logical”.
 - b.) Leads to endless objectivity battles.
 - c.) Fuels the psychological violence of self-righteous indignation.

- 2.) Controlling your romantic partner
 - a.) Can be direct or indirect (manipulation).
 - b.) Short of outright coercion, control is an illusion.
 - c.) People don't like being controlled. Payback is inevitable.

- 3.) Unbridled self-expression
 - a.) “I have the right and the need to share my feelings with you spontaneously.”
 - b.) The idea that all sharing is authentic and will increase closeness.
 - c.) Rarely engenders generosity in others.

- 4.) Retaliation
 - a.) Perverse justice: “Offending from the victim position.”
 - b.) Perverse communication: trying to “make you feel what I feel.”
 - c.) Can be explicit or covert (passive aggression).

- 5.) Withdrawal
 - a.) Differs from responsible distance taking.
 - b.) Stems from either resignation or retaliation.
 - c.) Often masquerades as mature acceptance.