

Index

A

Accordion effect, 205–207
Active-listening experience,
118–119
Addictive behaviors, 64, 66
Adler, A., 41
“Ae Fond Kiss” (Burns),
209
Aggression, 55, 99
Agreement building, in shut-
down relationship, 138–141
Alcohol abuse, 66
American Association of
Marriage and Family
Therapists, 197
American Psychiatric
Association, 197
American Psychological
Association, 197
Amygdala, 2
Anger, 52, 66; resources,
235–236
Anxiety, 50, 155–157
Appetite, change in, 66

Assessments: family, 70–79;
personal, 63–70
Auden, W. H., 190

B

Behavior, predictable, 39–40
Betrayal: and change in needs,
186; and family, 184–185; and
friendship, 179–187; list of,
170; many faces of, 182–187;
misuse of money as, 182; and
partner affair, 170–173;
physical violence as, 181–182;
questions about, 177–178;
reestablishing bond after,
171–173; and regaining safety
and control, 173–178;
resources, 236; and role
change, 186–187; surviving,
169–192
Bickering, 38–41
Blame, 38–39, 62–63
Brain function, different levels
of, 21

Brevity, 121–123

Burns, R., 209

C

Caffeine, 66

Caring, anger as lack of, 52

Change: experiments in, 202–203; and facing major, 104–105; forecasting and anticipating, 105–106; as greatest fear, 30–33

Chaplin, C., 5

Chemical use, 64

Children, protecting, 220–222

Cialis, 152

Closure: and grief, 190–191; search for, 187–192

Commitment, 42

Communication, 89–107; and empathy, 106; and facing major changes, 104–105; forecasting and anticipating change in, 105–106; and negotiation, 100–104; and partnership meeting, 90–96; resources, 236–238

Competition, 37, 42–45

Concentration, decreased, 66

Connection, 49

Content, argument, 36

Continued growth, 141–146; and relapse, 143–146; self-contract for, 142–143

Contract, psychological, 79–85

Control, 42; and controlling partner, 185; need for, 45–48; regaining, 173–178

Cool Hand Luke (cinema), 89

Couples therapy: and being heard, 199–200; and choosing therapist, 194–200; first encounters in, 198–199; health insurance and, 197–198; introduction to, 193–222

D

Danger: cycle of, 24; and recognizing dangerous partners, 28; in relationship, 20–33

Deep breath, 25–26

Destructive tactics, 53

Diagnosis, 99–100

Diller, P., 147

Disagreement, 98–100

Disengaging, 52

Dismissal, 99

Divorce: avoiding reptilian brain's influence on, 213; grieving process in, 215–220; mantras of pure, 214–215; protecting self and children in, 220–222; pure, 209–222; reptilian decisions in bad, 214–215; resources, 238–239

Drug abuse, 66

E

Eating, 66
Emotional Intelligence
 (Goleman), 240
 Erectile dysfunction (ED), 152,
 155

F

Family: assessments, 70–79; and
 betrayal, 184–185; blaming,
 38–39; history, 27, 73–74;
 information, sharing, 77–79;
 and interfamily relationships,
 76–77; resources, 239; rituals,
 70–76; structure, 70–73
 Fault, 110–111
 Fear: greatest, 30–33; partner's,
 113–116
 Fight (tactics), 18–19
 Fighting: dirty, 53; opposites
 styles in, 27–30; stupid, 35–57
 Fight-or-flight response, 2,
 16–20, 239–240
 Financial worries, 65
 Flight (tactics), 18
 Franks, M., 122–123
 Frustration, cycle of, 24
 Fun, 50, 70–71
Funeral Blues (Auden), 190

G

Gastric upset, 66
 Glass, S., 170, 174, 179
 Goleman, D., 240
 Grief, 190–191; revisiting stages
 of, 219; rituals of, 217–220

Grieving process: and divorce,
 215–220; problem solving
 in, 216–217; and rituals of
 grief, 217–220
 Guilt, 188–190
Guns of August, The
 (Tuchman), 13

H

Health, personal, 64–65
How to Get Your Point Across in
30 Seconds or Less (Franks),
 122–123
 Humor, 4
 Hypersomnia, 66

I

Importance, establishing,
 120–121
 Information: family, 77–
 79; playful gathering of,
 78–79
 Insomnia, 66
 Intimacy: adding positives to
 build, 129–146; and art and
 science of getting to yes,
 130–138; safety in, 23; and
 sex, 155–157
 Irritability, 66
 Isolation, 66

J

Jealousy, 45–48
 Joy, 4
 Joyce, J., 129
 Jumpiness, 66

L

Language, 119–120
 Lao-tzu, 137
 Laurel and Hardy, 5
 Levitra, 152
 Libido, 66
 Licensure, therapist, 195–196
 Limbic system, 2
 Listening: active, 118–119;
 nondefensive, 117–119

M

Mammalian brain, 21, 42
 Marital therapist: checking
 credentials of, 195–197;
 choosing, 194–200; first
 encounters with, 198–199;
 getting recommendations for,
 194–195
 Medication, 47
 Memory, short-term, 66
 Mental health, 64
 Midlife couples, 241
 Mind reading, 40–41
 Money: conflict over, 114–
 116; misuse of, as betrayal,
 182–187; resources on, 241
 Monitoring, 25
 Mood swings, 66
 Muscle pain, 66

N

National Association of Social
 Workers, 197
 National Register for Health
 Service Providers, 197

Needs: change in, 186; and
 defining problems, 110–116;
 and fears, 109–127; finding
 out real, 110–113
 Negotiation, 100–104
 Neocortex skill, 21
 Nicotine, 66
 Nondefensive listening,
 117–119
 Nonsense, fighting about, 36
 Nonverbal signals, 96
Not “Just Friends” (Glass), 170,
 174
 Numbers game, 120–121

O

Opposites, 27–30

P

Paranoia, 66
 Parenting, resources on,
 241–242
 Partner: fears of, 113–116; needs
 of, 110–113; and physical
 violence, 181–182
 Partnership meeting, 90–96;
 avoiding personal in, 96–104
 Passive-aggressive behavior,
 50–53
 Philips, E., 65
 Physical violence, 181–182
 Play, 70–71
 Positives, 129–146; and asking
 for what you want, 132–
 133; and defining minimal
 helpful efforts, 137–138; and

- getting to yes, 130–138; and refining ideas of “good relationship,” 134–137; and setting oneself up for no, 131; and simplicity, 134; and wish list, 133
- Power, 41–48
- Predictability, 39–40
- Problems: defining, 110–116; and problem solving in divorce, 216–217; and real fears, 113–116; and real needs, 110–113
- Psychological contract: changes in, 83–85; understanding, 79–85
- Pure divorce, 211–215
- Q**
- Quick release, 25–26
- R**
- Relapse, 144–146, 205–207
- Relationship: assessment of, 61–88; ideal, 42; interfamily, 76–77; and personal assessments, 63–70; role of competition in, 44; understanding myths of personal, 85–88; and understanding psychological contract, 79–85
- Reptilian brain: avoiding influence of, on divorce, 213; and fight-or-flight response, 16–20; frightened, 23–24; in love, 23–24; and modern world, 19–20; and nonreptilian lovemaking, 47–165; and quick release from responses of, 25–26; and reptilian response, 17–19; thinking skill, 21
- Responsibility, 106; and guilt, 188–190
- Rituals, family, 70–76
- Roles, change in, 186
- Romance, business of, 3
- S**
- Safety, 29, 43, 151; in intimacy, 23; regaining, 173–178
- Sainthood stories, 87
- Security, 42, 151
- Seinfeld, J., 70
- Self-assessment: health and welfare, 64–65; and relationship concerns, 68–70; and stress, 65–68
- Self-esteem, low, 50
- Seneca, 35
- Sex, 66; complexity of, 148; discussion of, 162–165; frequency of, 150; impassioned, 151; and intimacy, 155–157; and nonreptilian lovemaking, 147–165; and “normal” sex, 148–150; resources on, 242–243; and sexual interest, 65
- Sexual difficulties: aids to

- discussion of, 162–165; causes of, 151–155; reluctance to discuss, 155–157
- Sexual intimacy: and aids to sexual discussion, 162–165; working on, 157–162
- Shopping, 66
- Shutting down, 98–100
- Social support, 65
- Soul mate, 40–41
- Specificity, 163–164
- Strangers, 22
- Stress: and external stressors, 64; resources on management of, 243–244; response to, 65–68; and stress-management skills, 65
- Stupid fighting: and bickering, 38–41; and blaming family, 38–39; cycles of, 35–57; and disconnection, 48–53; and mind-reading, 40–41; and power, 41–48; and predictable behavior, 39–40; recognizing cycles in, 54–57
- Subjects, unspeakable, 125–127
- Suspicion, 66
- T**
- Tantrums, 66
- Tearfulness, 66
- Ten-foot rule, 30
- Tension, 50; tips to lower, 67–68
- Therapy: after initial session, 202; being heard in, 199–200; and choosing therapist, 194–200; couples, 193–222; credentials for, 195–197; establishing initial goals in, 201–202; and experiments in change, 202–203; first encounters in, 198–199; and first therapeutic discussion, 203; health insurance and, 197–198; individual focus in, 204; initial evaluation session, 200–201; length of, 207; process of, 200–207; and relapse, 205–207; relationship focus in, 204–205
- Threat: in relationship, 20–33
- Three Stooges, 5
- Touch: and not forgetting to touch each other, 164–165; and touch rating scale, 164
- Toys “R” Us, 124
- Tradition, 27; family, 74–76
- Trust, 151
- Tuchman, B., 13
- Twain, M., 110
- U**
- Ulysses* (Joyce), 129
- V**
- Viagra, 152, 154
- Violence, physical, 28, 29
- Vulnerability, 66

W

- Weakness, 43
- Welfare, personal, 64–65
- West, M., 148
- Whittaker, C., 70
- Withdrawal, 66

