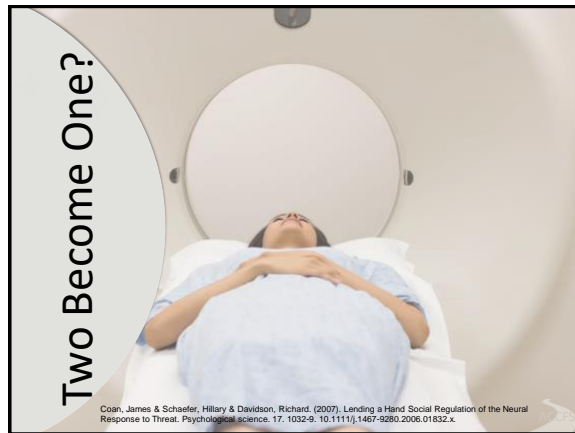
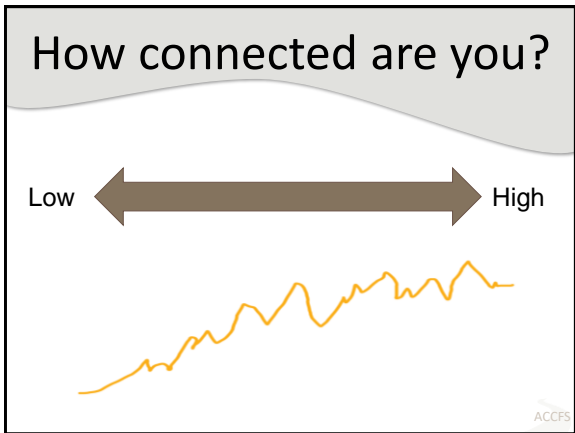


1 Corinthians 13:12
For now we see through a glass,
darkly; but then face to face: now I
know in part; but then shall I know
even as also I am known.



“Dependency Paradox”

- Prevailing notion among many adults – dependence in relationship is a bad thing.
- Dependency paradox is the idea that our ability to explore on our own flows from knowing there is someone in my life I can count on.
- *Genesis 2:18 “And the Lord God said, It is not good that the man should be alone; I will make him an help meet for him.”*

Attached. The New Science of Adult Attachment and How It Can Help You Find – And Keep – Love (Amir Levine, M.D. & Rachel S. F. Heller, M.A., 2012)

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How are you at Connecting?

- Both within and outside the marriage.
- If you stay in low connection (cell service) there is no opportunity for deeper connection. You must move to get better cell service...find it. Intentionally. Takes effort.

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Where did you learn to Connect?

“After fourteen years, though, a huge change took place when we discovered the unseen forces that determined how we loved. We realized our lessons in love didn’t start in our marriage. They started in infancy and lasted all the years we lived with our parents. Our experiences growing up, good and bad, left a lasting imprint in our souls that determined our beliefs and expectations about how to give and receive love.”



How We Love: Discover Your Love Style, Enhance Your Marriage, Expanded Edition (Yerkovich's, 2017)

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Learning to Connect: Biblical Example

*Genesis 32:3-8 “And Jacob sent messengers before him to Esau his brother unto the land of Seir, the country of Edom. And he commanded them, saying, Thus shall ye speak unto my lord Esau; Thy servant Jacob saith thus, I have sojourned with Laban, and stayed there until now: And I have oxen, and asses, flocks, and menservants, and womenservants: and I have sent to tell my lord, that I may find grace in thy sight. And the messengers returned to Jacob, saying, We came to thy brother Esau, and also **he cometh to meet thee, and four hundred men with him.** Then Jacob was greatly afraid and distressed: and he divided the people that was with him, and the flocks, and herds, and the camels, into two bands; And said, If Esau come to the one company, and smite it, then the other company which is left shall escape.”*


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Video Illustration of Disconnection

Child Protesting Disconnection

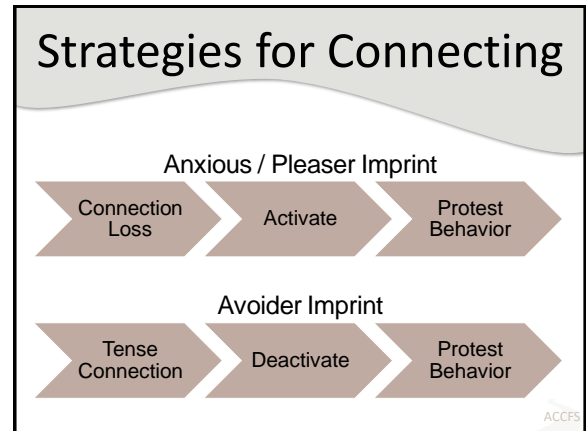
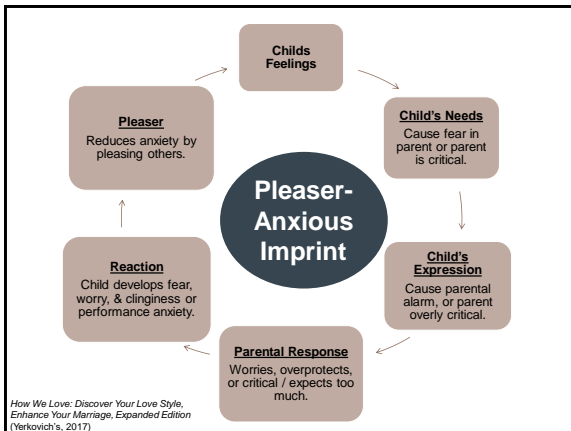
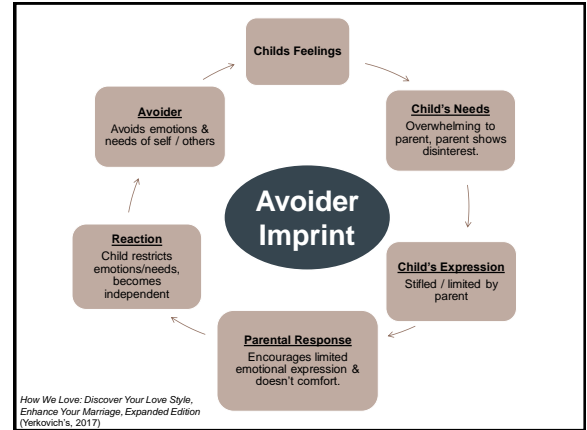
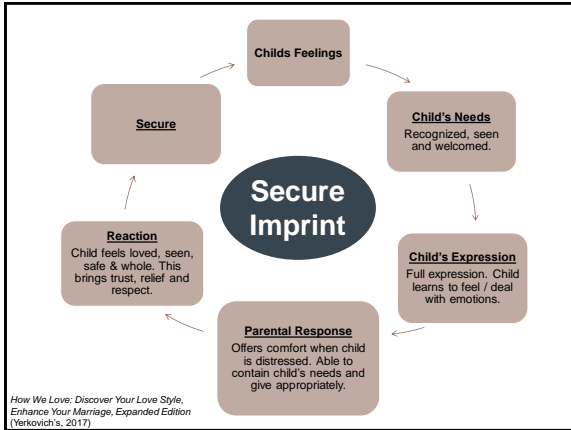
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Learning to Connect



How We Love: Discover Your Love Style, Enhance Your Marriage, Expanded Edition (Yerkovich's, 2017)

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Strategies for Connecting: Anxious / Pleaser Imprint

<p>Activating Thoughts / Emotions</p> <ul style="list-style-type: none"> • I've ruined everything, there's nothing I can do to mend. • I have to talk to or see him/her right now. • Remember mostly good things / Recall the bad. • Sad, Angry, Fearful, Frustrated, Hopeless, Jealous, Lonely, Rejected, Uncertain, Despairing 	<p>Protest Behaviors</p> <ul style="list-style-type: none"> • Seek to reestablish contact at any cost. • Escalate through voice tone or words. • Making threats – "We're not getting along, I don't think I can do this anymore." • Hypervigilance.
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Attached: The New Science of Adult Attachment and How It Can Help You Find – And Keep – Love (Amir Levine, M.D. & Rachel S. F. Heller, M.A., 2012) ACCFS



Strategies for Connecting: Avoider Imprint

Deactivating Thoughts / Emotions

- I must do everything his/her way.
- S/he is taking over my life.
- S/he's out to annoy me.
- I'd be better off doing this on my own.
- Withdrawn, Angry, Unappreciated, Empty, Restless, Distrustful, Tense, Misunderstood, Pressured

Protest Behaviors

- Leave the room
- Withdraw mentally
- Minimize physical contact
- Minimize emotional sharing
- Make critical comments
- Stop listening or ignore.

Attached, *The New Science of Adult Attachment and How It Can Help You Find – And Keep – Love* (Amit Levine, M.D. & Rachel S. F. Heller, M.A., 2012)

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Avoider Imprint

- Six independent studies looked at how accessible attachment issues are to those with avoider imprint.

Need

Enmeshed

Fight

Loss

Separation

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Growth in Connecting

- Start with training in awareness of self/other.
 - Pray *Psalm 139:23-24*
- Seek to take responsibility.
- Be specific, honest and open.

Avoider

- Find words for discomfort and share.
- When thinking, "spouse is overreacting" stop / ask yourself how you may be contributing.

Pleaser / Anxious

- Notice how moods of others can dictate how you feel / think (extremes) / behave – seek ways to step back, calm, and reengage.
- Learn to feel and express anger healthily

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Follow-Up Activities

1. Strategies for Connecting:
 - a. Circle Yourself: Anxious/Pleaser Avoider Secure
 - b. Circle Your Spouse: Anxious/Pleaser Avoider Secure
 - c. What is the "cue" or specific action by your spouse that led to you feel uneasy - "activate" or "deactivate?" (ex. certain word, phrase, tone, facial expression)
 - d. What protest behaviors do you tend to engage in and how does that impact your spouse?
2. Growth in Awareness:
 - a. Consider your spouse's action above:
 - i. What specific behavior/s by your spouse would make you feel more emotionally, safe, secure, or loved?
 - ii. What is your need? Would your spouse know this?
 - b. Select a behavior from above that you are comfortable talking with your spouse about. Write out a few sentences of how you might:
 - i. Acknowledge the protest behaviors you tend to engage in and the impact on your relationship / spouse.
 - ii. Share your need / desired behavior from spouse.
 - iii. Be specific and without blame.

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Follow-Up Activities

3. Growth in Connecting

- Identify feelings you are having in the moment.
- Notice how you experience these feelings in your body.

Questions

- Did you experience these feelings as a child?
- What was happening and how old were you?
- How did you manage these feelings as a child?
- If you had these feelings as a child, did you form any beliefs about yourself, others, or God as a result of these feelings?
- What percentage of your current feelings / reactions might be fueled by and intensified by your past experience?
- When you have these feelings what do you need?

<https://howweloveit/https://howwelove.com/freebies/.com/freebies/> (Comfort Circle)

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