



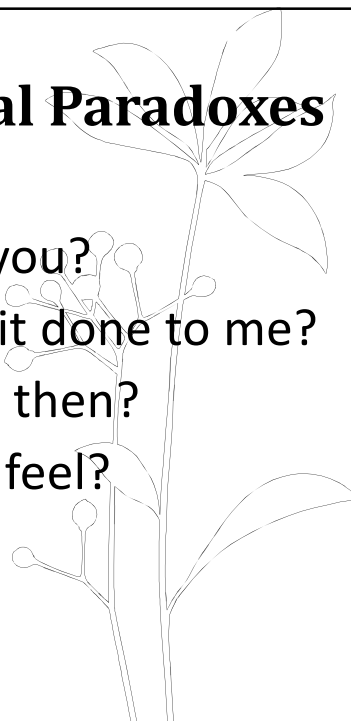
True Love Ways:

**How couples need
to mind the gap
between them**

Polly Young-Eisendrath, PhD.

Universal Relational Paradoxes

- Is this me or is this you?
- Did I do this or was it done to me?
- Is this now or was it then?
- Can I choose what I feel?



Projective Identification

Sometimes called "merging" or "enmeshment"

Emotional kidnapping:

There is a "projection" of imaginal, affective or subtle narrative into the other person, and then there is "identification" in the other person in a conscious or unconscious way with the projected material.

The other person responds defensively, but often paradoxically this response seems to "confirm" the projection. Universal relational paradoxes begin to take over.

Person A becomes the Director of Person's B "Internal Theater" in which Person B plays an unknown part in Person A's Internal Theatre.

The two people experience a "hall of mirrors":

Person A: "I am hurt."

Person B: "Well, I am hurt, too!"

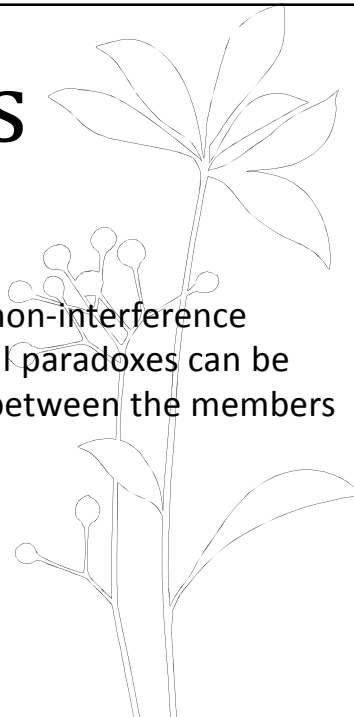
or

Person A: "You are self-centered."

Person B: "You REALLY are self-centered!"

Mindfulness




- Cultivating awareness, clarity, non-interference (equanimity) in which relational paradoxes can be talked about and investigated between the members of the couple



Dialogue Therapy

- Short-term anxiety-provoking dyadic (two-therapists) couples psychotherapy based on mindfulness, object relations, and Jungian theory

Impermanence and Human Ideals

1. 
2. 
3. 
4. 