Women’s Roles Have Changed, Men’s Less So

Men are not unhappy in their marriages

Men are unhappy that women are so unhappy with them.

Women want more emotional intimacy

then many men have been raised to deliver.
The Qualities You Learned Run Counter To Intimacy

Leading men and women toward intimacy.
Leading them beyond traditional roles.
Women > Loving Voice
Men > Opened Hearts

Diagnosis:
THE RELATIONAL GRID
SELF-ESTEEM

Self-esteem - Grandiosity and Toxic Shame

One Up - Grandiosity

HEALTH

One Down - Toxic Shame

The Core Energy in Both is Contempt

Full-Respect Living

Step Off the contempt conveyor belt.

Live non-violently.
Psychological Boundary (Internal Boundary)

1. Your internal boundary is to your psyche like your skin is to your body; it’s a protective layer.

2. There are two parts:
   - Protective: Protects you from the world
   - Containing: Protects the world from you

Boundaryless to Walled off

- Protected and Connected
- Boundaryless
- Protected - not Connected
- Connected - not Protected
BOYS:
1. Puer
2. Irresponsible
3. Covertly Dependent
4. Charming - Feelingfull
5. Entitled
6. Scapegoat Child

RELATIONSHIP GRID

BULLIES:
1. Angry Victim
2. Control & Helpless Rage
3. Dependent - Abandonment Wound
4. Grandiose & Boundaryless
RELATIONSHIP GRID

BOYS
- Walled off and one up
- Walled Off (love avoidant)
- Walled off and one down

BULLIES
- Boundaryless and one up
- Boundaryless (love dependent)

MEANESS / ENTITLEMENT
- Grandiosity

VIOLENCE
- Health

DEPRESSION
- Shame

DESPERATION
- Boundaryless and one down

AVOIDERS: TYPE 1

1. RAISED IN AN AVOIDANT FAMILY
2. SEES VULNERABILITY AS WEAKNESS
3. LOVES OUT OF OBLIGATION
4. EMOTIONALLY CONSTRICTED

AVOIDERS: TYPE 2

1. ENMESHMENT AS A CHILD
2. FEELS SUFFOCATED / DRAINED / USED
3. RELATIONSHIPS SERVICE OTHERS
4. BELIEVES NO ONE CARES ABOUT HIS NEEDS
Boys

Need to be grown up

You are the Functional Adult in the room.

Women can help boys become men.

The therapeutic relationship is critical.

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Boys
Need to be mentored
Can be taught to be relational.
Accountability.
Empathy.
Vulnerability.

Boys
Gratification versus Relational Joy

Boys
Scapegoat boys may become “The best of the bad”
Boys

Need their own relational voice.
Identify wants & needs.

Bullies

Self Esteem.
Boundaries.

Bullies

Stop offensive behaviors.
Syntonic > Dystonic
Bullies

“Offending from the victim position.”

Bullies

Place in multigenerational context

Bullies

If needed, use leverage.
Bullies

Trauma work on abandonment.

Avoiders Type 1

Must understand the need to engage.
Must learn how to.
Must be rewarded

Avoiders Type 1

You are a reassuring, firm, coach.
Teach them about feelings.
Teach them about vulnerability.
Avoiders Type 1

Teach them how to be empathic and good listeners.
Help them share of themselves.

Avoiders Type 1

Help the partner insist on being cherished and support it.

Avoiders Type 2 - One-Up

Address meanness.
Passive aggression
Cherishing
Avoiders Type 2 - One-Up

Help them find voice

Identify & articulate:
Feelings, wants and needs

Avoiders Type 2 - One-Up

Deal with enmeshment trauma.

Work with *empathic reversal*.

Avoiders Type 2 - One-Up

Empower engagement.