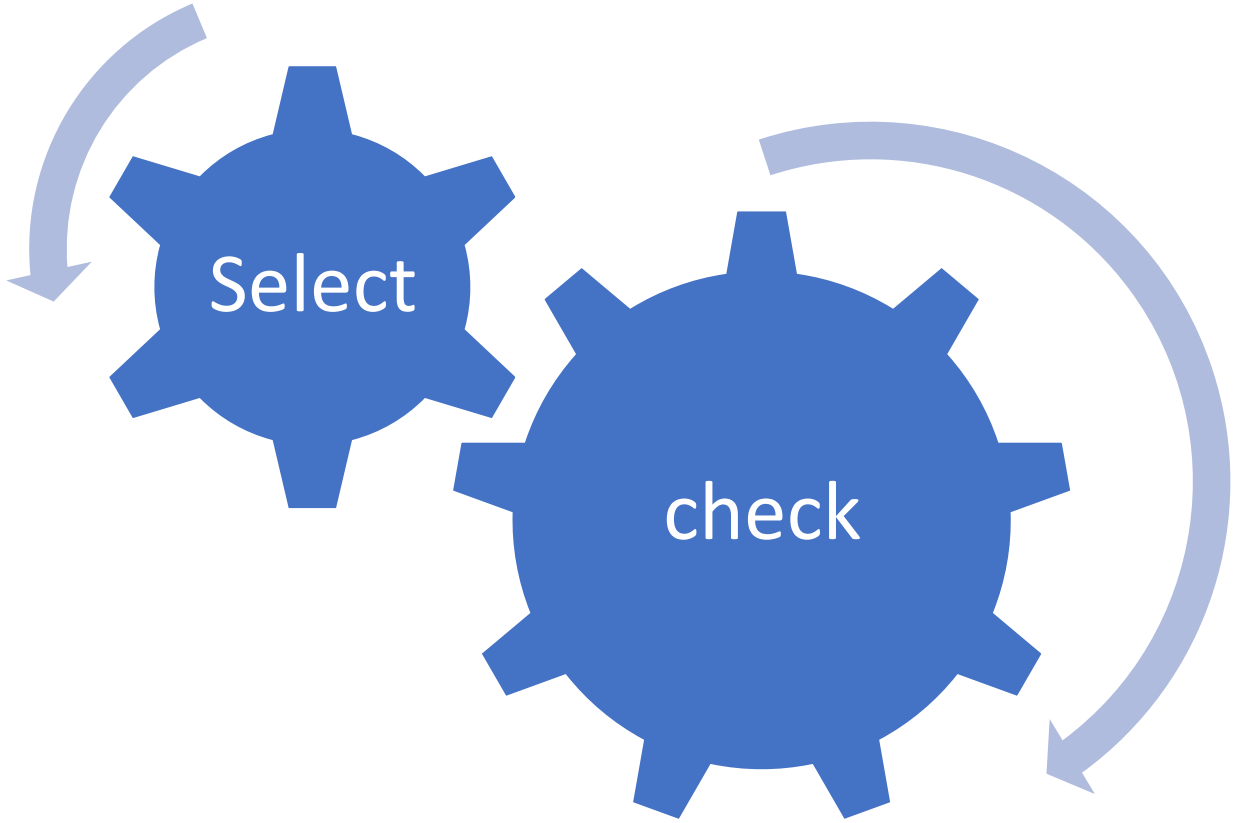
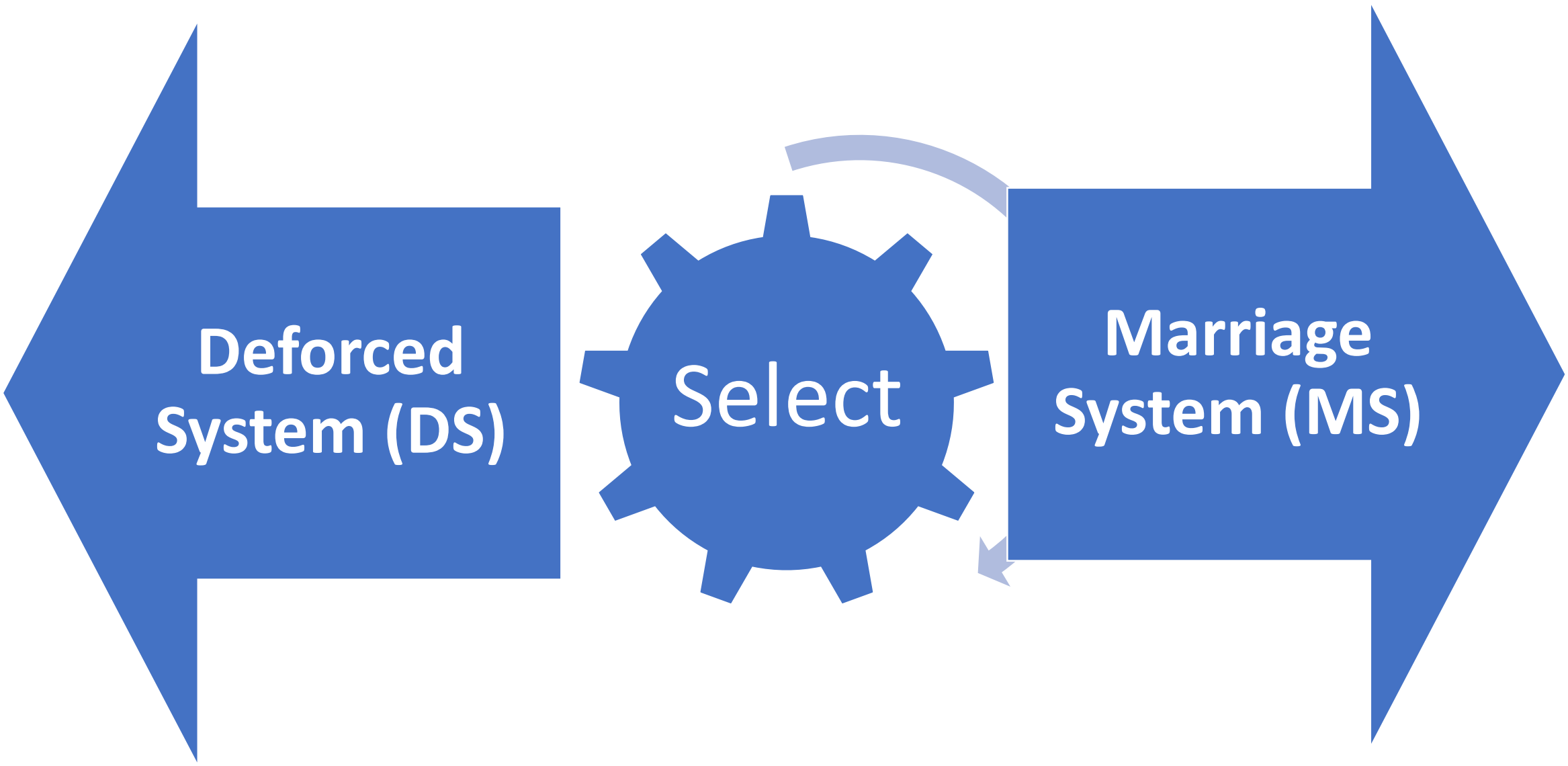
Dealing with A Traumatized Partner

IMPORTANT NOTE

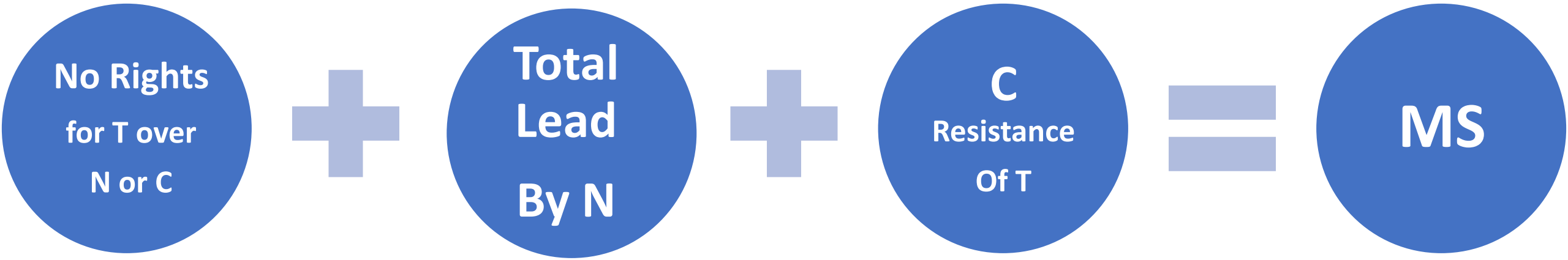
TRAUMATIZED PARTNER: T
NORMAL PARTNER: N
CHILDERN:C

PLAN WITH YOUR PARTNER



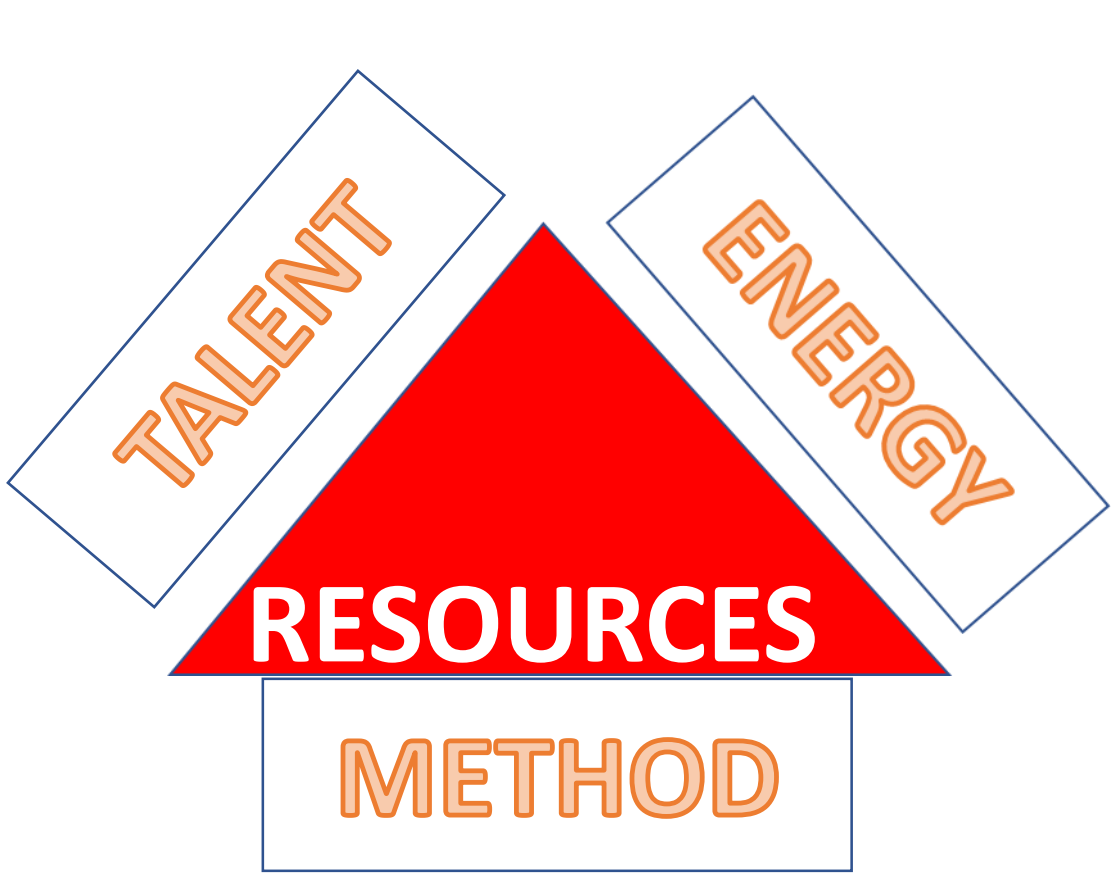

Deforced System (DS)
Select
Marriage System (MS)

SYSTEM COMPONENTS



SYSTEM COMPONENTS

ACTION

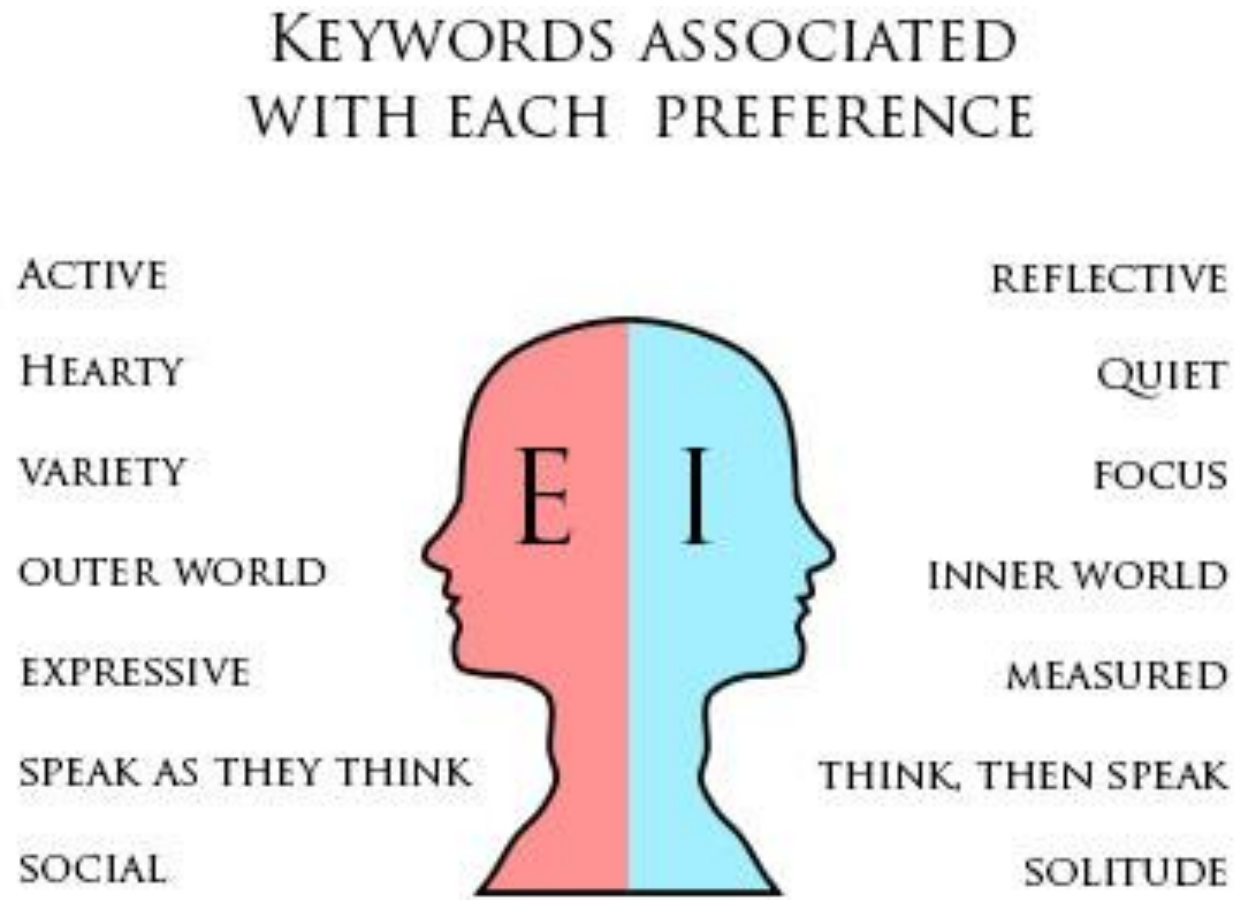


ENERGY

SOURCES OF ENERGY	OUTLETS OF ENERGY

TALENT

Is She/He
an
INTROVERT
or an
EXTROVERT?



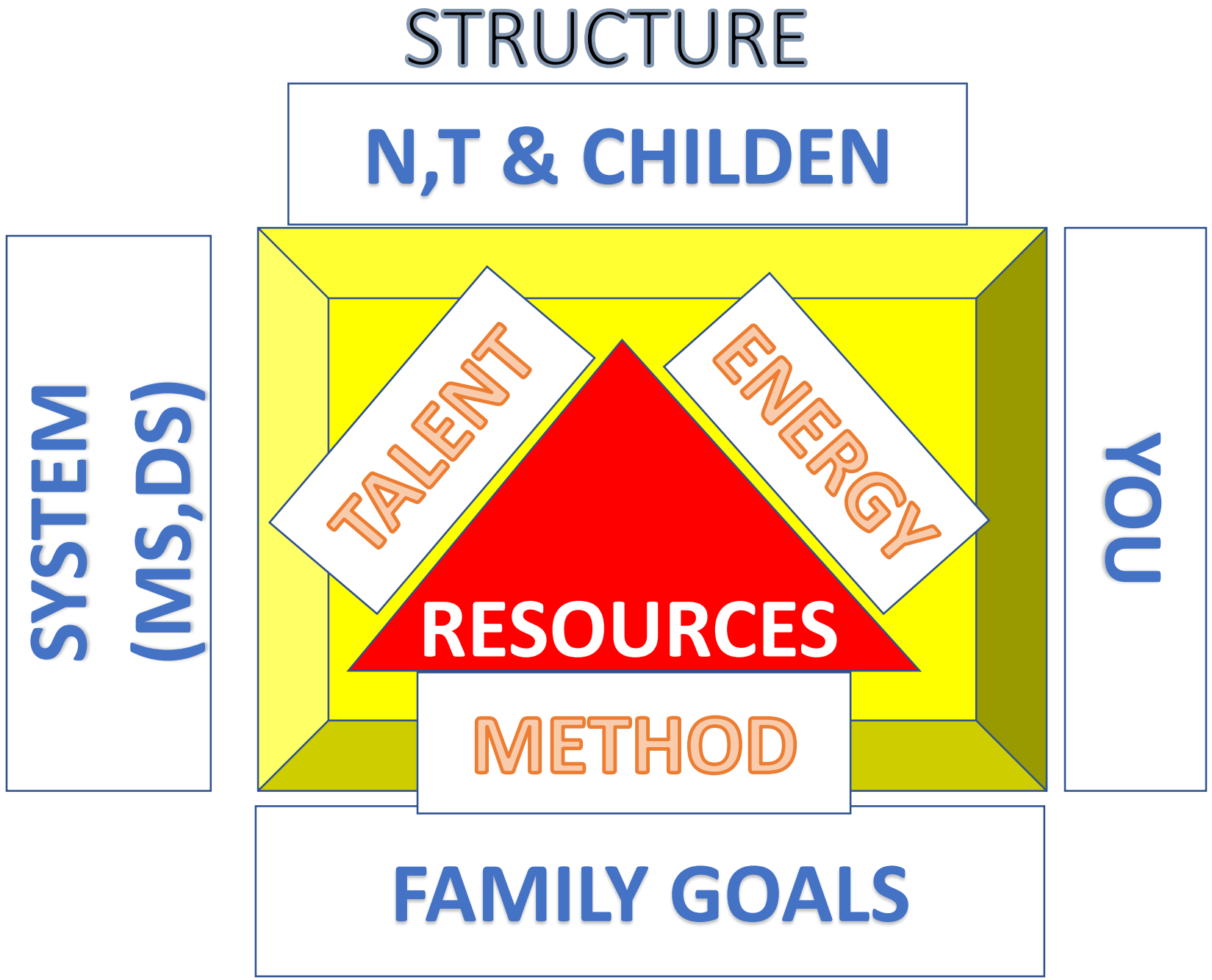
METHOD

HEALTHY VS. UNHEALTHY RELATIONSHIPS

Healthy Love	Unhealthy Love
• Allows for individuality	• Feelings consumed in the relationship
• Brings out partners' best qualities	• Extremely afraid to let go
• Accepts endings	• Excessive fear of risk or change
• Experiences openness to change	• Little individual growth
• Invites growth in the partner	• Few truly intimate experiences
• Experiences true intimacy	• Playing mind games
• Finds pleasure in giving & receiving	• Trying to get something by giving
• Does not try to change partner	• Trying to change people
• Does not try to control partner	• Needing others to feel secure & happy
• Accepts limitations of self & partner	• Refusing to commit
• Does not seek unconditional love	• Repeatedly experience of negative feelings
• Has individual high self-esteem	
• Trusts the memory of the partner	• Being afraid of affection & closeness
• Expresses feelings spontaneously	• Cares with excessive detachment
• Welcomes affection & closeness	• Frequent playing of "power games"
• Believes in equality	• Looking to others for self-worth

"Soul-mates are people who bring out the best in you. They are not perfect but they are always perfect for you." - Unknown

This is a Publication of the Wellness Center – Information Provided by www.uc.edu


STRUCTURE
N,T & CHILDEN
SYSTEM
(MS,DS)
TALENT
ENERGY
RESOURCES
METHOD
YOU
FAMILY GOALS