Dealing with A Traumatized Partner
IMPORTANT NOTE

TRAUMATIZED PARTNER: T
NORMAL PARTNER: N
CHILDREN:C
PLAN WITH YOUR PARTNER

Select

check
Select Deforced System (DS) → Select Marriage System (MS)
SYSTEM COMPONENTS

No Rights for T over N or C + Total Lead By N + C Resistance Of T = MS
SYSTEM COMPONENTS

\[
\text{No Rights for } T \text{ over } N \text{ or } C + \text{ Total Lead By } N = \text{ DS}
\]
ACTION

TALENT
ENERGY
RESOURCES
METHOD

check
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<th>SOURCES OF ENERGY</th>
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Is She/He an INTROVERT or an EXTROVERT?
HEALTHY VS. UNHEALTHY RELATIONSHIPS

Healthy Love

- Allows for individuality
- Brings out partners' best qualities
- Accepts endings
- Experiences openness to change
- Invites growth in the partner
- Experiences true intimacy
- Finds pleasure in giving & receiving
- Does not try to change partner
- Does not try to control partner
- Accepts limitations of self & partner
- Does not seek unconditional love
- Has individual high self-esteem
- Trusts the memory of the partner
- Expresses feelings spontaneously
- Welcomes affection & closeness
- Believes in equality

Unhealthy Love

- Feelings consumed in the relationship
- Extremely afraid to let go
- Excessive fear of risk or change
- Little individual growth
- Few truly intimate experiences
- Playing mind games
- Trying to get something by giving
- Trying to change people
- Needing others to feel secure & happy
- Refusing to commit
- Repeatedly experience of negative feelings
- Being afraid of affection & closeness
- Cares with excessive detachment
- Frequent playing of "power games"
- 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