

Dan Wile's 'Platform'

Your Relationship Minute, I'm Douglas Johns.

In my first two videos I've briefly mentioned Dan Wile's concept of a 'platform' for intimate and compassionate conversation. What is this platform?

It's a place of collaborative sharing. On the 'platform' couples confide in each other about their experience of themselves, the problem, and each other with non-accusatory reflection.

When emotions run high, however, the platform can feel unstable; more like a 2x4 resting on its skinny side than a wide and stable beam. One misstep and we fall back into the relationship version of crocodile infested waters.

John Gottman describes something like the platform using the metaphor of a soccer ball to represent the problem. As a couple, we share this soccer ball: we both own our part of it. We don't ignore it; we reflect on the problem together; we sort of kick it around together, between us. We don't hurt each other with the problem. We relate with it together as a united couple.

And so likewise, from Dan Wile's platform high above the fray, a couple looks down at their situation, themselves, and the problem with compassionate curiosity, awareness, and reflection.

I'm Douglas Johns and I'm a Couples Therapist. Please like and subscribe. More information at Your Relationship Minute dot com.