IDENTITY TRAINING

LESSON NINE

Frank Reinhardt Morris

Problems of Marriage

Somewhere on the road to a happy marriage, almost every couple seems to go astray, an observable fact that distresses both poet and common man alike. One hears the scathing words: "Have you really ever seen a happy marriage? All my married friends are miserable." The divorce rate is one evidence; another is the great difficulty of finding two people who deeply love each other across the years. The reality is distressing.

What began in bliss and innocence at the altar turns slowly and, before long, one is accusing the other of being nothing short of evil. Then comes the abandonment, either psychologically or literally through divorce, and the misery sets in. Each one thinks, "I've been misunderstood." Each one feels like a victim. Each one feels justified in turning to more fulfilling activities. In almost any bar one is liable to hear at least one man who mumbles, "My wife doesn't really understand me." In beauty shops and grocery stores, one hears the evidence of poor marriage situations.

One of the most mocking counseling situations is pre-marital counseling. Romantic love fills the air and each couple thinks they will never, ever, have any problems; "and if there are, we will handle them." Parents need waste no counsel on their children; friends usually learn to keep silent It is only later, when the divorce papers are filed, that those who love you say they knew all along it would not work.

What happened? How can something so inherently beautiful - two people in love - be transformed into banal marriages or blasting divorces?

There are four primary problems:

1) Transference. The unresolved material - usually with the opposite-sex parent - is transferred to the present partner, so intimacy dies.

2) Symbiosis, real and feared. Frequently the desire to please is confused with love. So many

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compromises are made that a couple becomes unhealthily "fused." Mind-reading and cause-effect complications arise here.

3) The Polarity Process. Here, the secret influence of out-of-consciousness scare triggers each of the partners into taking opposite points of view until deadly impasses are reached.

4) The Adolescent Wish-Dream of Marriage. Each seeks to force the other's foot into a crystal slipper devised during the dreamy daze (days) of pre-adolescence: "Someday my prince will always..." and "Someday the woman I marry will..."

Each of these can secretly dismantle the majesty of romantic love until, amidst the ruins, couples either depart or live in a stand-off. It is very sad.

These problems will not be connected to what has transpired previously in the seminars. Each case is different, however, even as each case is similar. A huge developmental Reflexion may trigger transference in one instance, or a Ricochet with mother may silently ungird the love. In all cases, there will be difficulty in expressing Real SASHET. Even those who have achieved the peacefulness of a Parentally-defined relationship are silently manipulated by out-of-consciousness scares. Even those who are perfectly Adult with each other have agreed-upon omissions of feeling confrontations.

It would be wonderful if the identity accomplishments of the previous two chapters were conquered prior to marriage. That seldom happens. Usually, two young people "fall in love" and decide to follow their passion into marriage. During the young adult phase of 20 to 30, the man obsessively follows his job while the woman begins the family and adjusts to raising children. Gradually, the alienation from each other occurs - though usually both are oblivious to it. All the man notices is that the woman seems unhappy with her housework; all the woman notices is that the man seems more concerned about his job than her. When both are employed, similar dynamics occur.

The tragedy grows as the years progress. The identity of one or both begins to erode. Providing for the children becomes the focus. Making sure there is "enough" drives the man to more accomplishments; making her husband "happy" drives many a woman. Routines and rituals prevail

In this section, we will analyze the four Grim Reapers of marriage: Transference, Symbiosis, the

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Polarity Process, and the Royal Dream. Even as we dwell on the negative, remember the goal is a couple who share life. They share feelings, thoughts and dreams in such a way that they unite, secretly, as soul partners. Their bond is sacred. They may fight, but enjoy making up. They may have great sadness, but it is shared. They may support each other during scares, but share excitement as well. Each learns to respect the thinking and actions of the other. Any children are raised to the best of their knowledge and ability, and there is a mutuality in the process. They play together, laugh together, enjoy the world through the eyes of each other. Where there is growth, each goes forward. When there is pain, it is shared, even as each knows the separate identity of the other is to be respected. They compromise on details; decide large issues together. There is equal energy during most phases; there is willingness to nurture the other if it is needed during phases of the shared history. The threat of abandonment, with its guardian angel of vulnerability, has passed, so intimacy is the prized accomplishment of the couple.

That is the goal. It may seem sanguine, romantic, even mushy. But it remains the goal as we deal with the problems of marriage that ruin many a well-intentioned couple.

I.

Transference

Childhood is continued into adulthood through the three feeling brackets of Racket, Reflexion and Ricochet Thinking patterns and behaviour patterns accompany the more primary feeling sets. And yet, the unconscious mind plays havoc with marriages through these non-Real feeling expressions. With all due innocence, a woman will say, "He just does not love me for being me," and is totally oblivious to the subtle feeling invitations that comes out of her own childhood. The man, similarly, gripes about his wife "always wanting to change me, and I happen to like me as I am," as he, too, is unaware of the unconscious intrusions that make a mockery of true intimacy.

The three feeling sets will be examined in this section on Transference.

A-Rackets

When your instructor mentioned the primary Racket categories of Saint and Martyr, Cinderella and Little Red Riding Hood, and those marvelous seven dwarfs (Sneezy, Doc, Dopey, Happy, Grumpy, Bashful, and Sleepy), it probably was not pointed out that those are primarily identity Rackets - ones seen familiarly in public. To be sure, Cinderellas who want their husbands to mind read with

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they want (if he REALLY cares) are difficult to live with. The husband is supposed to be the omniscient father who provides castles without her ever opening her mouth. Also, the Don Juan who teases - avoiding intimacy -are problematic in marriage. Still, those are primarily social identity issues.

A whole set of Rackets appears primarily in the home - like the old saying, "You only hurt the one you love. These will be dealt with numerically.

The Sulk.

This person is well on the way to joining the Society of the Lower Fat Lip. Observationally, the jaw just out, the lower lip shoots up, the cheeks puff with mock sadness, the eyes look strained, the Adam's apple spreads, and the person pouts. What a wonder to behold! In marriage, it is the task of the spouse to mollify this poor Sulker - or so the perpetrator thinks. It is like a child on a playground saying, "You mean old thing you! You don't love me and I won't love you. So there!"

As a child, this worked. It was a way to get strokes. It is transferred to the spouse as if it will still work. Frequently it does, IF the goal is submission.

Unfortunately, the Sulk thinks the way to get love is to threaten: "I won't love you any more!" As a way to get strokes, it kept the child stabilized. As a way to get full adult love, it seldom or never works. It just ruins the whole pot. The sulk says, "It is his/her fault," and actually believes it. Because the transference is unconscious, the person is oblivious to the entire gamey procedure.

The Jerk.

This person is the Schlmiel (Yiddish for jerk) who likes to mess things up and get forgiveness. The idea is to be such a goof-off, such a nerd, that no one anticipates responsible acts. The person gets a well-earned reputation as a stooge, a jerk.

Across the years the spouse begins to feel angry about it, a bit ripped off, as if this just might be a con act. The spouse usually has had to take over responsibility after responsibility as the Jerk messes up. In the first few years, the spouse may laugh with acceptance; later there is bitter anger.

The Jerk thinks the way to love is through forgiveness. By messing up continually, and getting the rescuer to be nice and understanding, the schlmiel gets what was received from Big

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Mama Who Understood and Took Care of Her Poor Baby.

Your spouse is not your Mommy or Daddy.

The Peacock.

This dramatic person, a star of stage and screen, thinks love comes thorough performance. Mom and Dad would clap for this Little Jack Horner when he did nothing else than stick his thumb in a pie and pull out a plum. The person anticipates adulation. The spouse is to clap when the Peacock preens. After all, Dad and Mom were "so proud", when there had been success as a cheerleader and in the school play. Someday, it is thought, others will recognize the true character and nod in recognition as the person preens. Real Peacocks drag their tails until they are scared, and then flash a noble plumage in order to frighten the intruder on their territory. People Peacocks also switch scare, anger and sadness, as they prefer the mere mortals around them to have those "dirty" feelings.

A spouse may marry this noble creature anticipating that, behind the displaying facade, resides a decent human being. The Peacock, however, has married an adoring audience and doesn't think he/she will be required to be human. The transference, therefore, is for the spouse to be as adulation-oriented as dear old Mom and Dad.

The Bum.

As lovable as Emmett Kelly, this poor creature sadly picks up cigar butts through life. As a crumb-picker in the original household, strokes came because the dear one was never selfish, was glad to wear hand-me-downs, and never gave Mom or Dad a bit of trouble. Of course, motivation was a different story. "Our child may never make anything of his/herself but he/she will always get by."

In marriage, the spouse is to be as forgiving and nurturing as the parents, who were so permissive the child was allowed to develop posterior warts. "I knew this when I married him, but he always promised to some day really make something of himself." "I knew she just liked sitting around eating bon-bons, but I never knew she would balloon out to 350 pounds."

The Bum states boldly without words, "If you really love me, you'll take care of me." Any demand is met with "You won't love me for the real me; you only love me for what I do." The spouse dutifully seeks to love "the real person inside" as the years go lazily by. Love comes via dependency.

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The Ornery One.

This person appears in almost every family. A child gets strokes by rebellious acts and eventually thinks love comes by someone verbally abusing them. If no one notices the little ornery acts, the person raises the ante and becomes more of a cantankerous rebel. Old Ornery may break things, play practical jokes on the spouse, give raucous gifts for Christmas, and even get into fights to prove that he/she is "tougher than a cob" - just like Mom and Dad always said.

Being "the little hellion" is transferred into the marriage as the Ornery One anticipates that the spouse will smile and laugh accordingly for each crazy stunt. It is a different kind of act than the Peacock, who wants applause for appearances. Ornery wants applause for being one tough SOB. If the spouse gets tired of watching the bull-riding or the sky-diving or the car-wrecking or the fighting-wrestling, that just proves the spouse "ain't a good ol' boy/girl." Verbal abuse is part of it, but if the spouse does not add a smile of forgiving mock-despair ("What am I going to do with you!?"), then that means the spouse "ain't worth a plugged nickel."

The spouse is to be a helpless nag, but also a secret audience.

The Pleaser.

Ahhh, the Pleaser. Mommie's little helper who was so good about helping raise the other kids. "I could always count on to be there to help me. Never gave me any trouble." Strokes came for helping and being dependable. Always the smiling, happy little Pleaser.

Years later, this person may be as angry as a hot pistol underneath, but is all smiles on the surface, and says how much he/she loves Mommy and Daddy. In marriage everything is done just right the house and yard are perfect, and this person anticipates that everything will be just fine and dandy. The spouse must accept this etiquette-oriented relationship.

The Pleaser "tries so hard." If the spouse tries to break the phony tranquility, that means to the Pleaser, "I am just not really appreciated," If the spouse says, "God, but this banal marriage is sick!" the Pleaser is aghast Maybe the spouse gets a lover and the Pleaser can play the betrayed partner role, who "just cannot understand because I did everything - and I mean everything - just right I never asked anything for myself. I worked like a slave. And what do I get for it? Betrayal." So there. That proves the other person is a rat and the Pleaser's sweet etiquette style perfectly justified.

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The myth was that love comes through adaptation, not by being real. "If I do everything right, then I'll be loved." In terms of transference, the spouse becomes the secret congratulatory parent who is supposed to applaud perfection. It is banal and boring, finally, to be trapped in this.

* * *

This concludes the Racket segment of Transference. It covers many tragedies in marriage as the spouse's foot is shoved into a slipper provided by the partner's parents. If the spouse obliges, there is an underground river of unfulfilled sadness, a structure of acceptable sociability, and lives of unconscious desperation, for real love has not been achieved. To be sure, there may have been many moments, oases in the desert Let us at least be thankful for those moments when transference faded and two people were real.

B-Reflexions

This area usually engenders more of the explosive aspects that occur in relationships. The spouse is totally baffled by the sins of omission and commission that occur. That means the person has a real "hole" in his or her personality make-up; or exhibits a maddening recurrent but erratic pattern. Three units of Reflexions will be reviewed briefly. Because of the many complexities each situation cannot be specified here. But, each can be settled with an analyst who can wade through the viable expressions and make sense of it with the couple.

A Reflexion may be the result of getting stuck at one of the developmental ages. When each spouse gets stuck - at the same time, the fireworks begin. An exploratory guy, for instance, might marry a woman with a birth trauma who is afraid of moving. A man whose Mommy would not nurture during the first six months, marries a woman who is in the Parental position of the 6-to-12 year old. A computer is needed to figure out all the options.

To solve these inter-locking Reflexions in marriage, each person has to move back to Square One and do some identity work. This means joining a group or seeing a counselor privately until the major unfinished elements are built into the personality. It is best if both partners attend because some remedies that couples can employ with each other, work very well. For instance, a woman with an Electra problem, who has a lot of Racket scare and the need for information, may well get that from her husband when he understands the need, and her pathology disappears. A man with an early need for

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much touching and nurturing may well have a wife who is willing to do that - making sure each avoids a symbiosis and that the husband also will do his share of nurturing:

It is important to explain transference once more so the reader understands. Unconsciously, the person will anticipate his or her need being met by the spouse. If a guy was locked in a playpen during Exploratory, he may anticipate that his wife will be the Social Chair woman. If a woman was not nurtured by her mother, she may anticipate that her husband will be as warm and giving as the Madonna. But he does not understand what his role is. She does not even know he was confined during the exploratory phase! Thus, trouble begins.

It all comes about because of that secret little problem of transference. A person seriously wants to finish off the unconscious problems with this new person with whom he/she is in love. None of this, however, is out on the table. The spouse is subtly invited to mend what was broken, bring back to life that which has been asleep, fill in the gaps left open by the original parenting. The spouse is to be God-Mom-Dad all wrapped into one. Neither of them actually knows the problem. All that can occur, if it's not solved, is a stalemate or distancing.

Particular Reflexions

These are exciting to solve in marital therapy. The authors love being in the role of Nancy Drew, discovering how the specific traumas of each person tie in to each other. With the aide of the Anatomy of a Trauma and other meaningful therapeutic paradigms, counselors can sometimes appear as magicians who can get right to the heart of the matter. It is exciting.

Of course, for the couple it has been painful. Interlocking Reflexions can ruin entire marriages. His loud voice makes her shirk away, just like when her father slapped her. Her shirking away, in turn, reminds him of his mother's weakness in not standing up to his father. Or, he has an issue around honesty because he was lied to by his best friend, and she was once accused by her father of being too glib and thus holds in secrets.

The illustrations can go on and on. Maybe in the magic of your group session you can discover some of these and gain clues on how they might be solved. Just ask the question: "How old do I feel?" when that happens and then utilize the Anatomy of a Trauma.

Childhood Era Reflexions

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These are more difficult to solve because they are so pernicious. They are the grand generalizations a person has developed over 18 years or so of dependency. All men are... All women are... These are the soaked-in prejudices made by a child who watched the drama of his/her family and arrived at sweeping generalizations.

A father may have kept showing his favorite son how stupid women were, until the boy simply agreed about all women. A mother may have kept showing a daughter how her father was cruel, until the girl believes all men are the same way.

The analyst notes the emergence of these Childhood Era situations as the marriage partners start using sweeping terms: "every, totally, completely, forever, absolutely, all the time, forever, never, always, eternally." They are the universal generalization words that indicate the unilateral decisions a child made during the entire framework of dependency.

At stake for us, in understanding the problems of transference, is that Childhood Era Reflexions cause many of the petty arguments between two people. It is like saying, "My Mommy is better than your Mommy; my Daddy is better than your Daddy." "My family's way of thinking-acting-feeling-being is better than your old lousy family's way of doing things!"

Hours spent in marital counseling on these issues are not the finest Of human pettiness, there is sometimes no end. When you get below the level of nibbishness, it is wonderful to discover the love; when you are dealing with picky matters it gets pretty prickly.

C-Ricochets

Transference is our name; Ricochets our game. A full explanation of these transforming options would take a book in and of itself. After all, Ricochets have nine categories. Only two will be dealt with here: the pre-verbal and the Oedipal/Electra identifications. With a thorough review of Lesson Six, you probably will be able to surmise some of the other Ricochet problems that lead to transference difficulties.

Pre-Verbal

If the child had a loving mother who knew how to nurture, then a spouse can thankfully receive that positive transference. Our concern is more with the negative transferences from those

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whose mothers did not know how to give or were ill and could not give. Maybe the mother was depressing her anger, maybe she was scared, maybe she was super sad due to a death. The organism picked up the mother's pain and installed it in its flesh.

And so, we have the root of deep anxiety, deep rage, deep depression and sadness. After the marriage ceremony, the spouse may be surprised to discover the partner has problems that were not apparent during courtship. Surprise! Before long, the old situation is transposed on the present one, and the Ricochet person (with pre-verbal pain) is anticipating that the spouse will treat her/him in the same way.

The spooky part is that the grown-up is still living out the misery of the mother. Strangely enough, this means the person is not really experiencing or re-experiencing his or her own problems; the mother is being lived out vicariously.

This is the root of the darkest despair known to humans. Those early Ricochet roots are grafted on to a marriage tree and begin to poison the tree's growth. This is complex. It takes a log of therapeutic knowledge and nurture to get a person to leave the veritable womb of Mom's misery and come to live in the real world with the rest of us. A spouse usually is not up to the task, as the persons' perception is so clouded that almost all deeds are misinterpreted. This is the heaviest level of transference.

The good news is that this can be changed. Couples have erased the original foundation of hopelessness so that they could see each other, hear each other, and love. Do not be deluded into thinking it is easy. Sometimes it is sufficient to know it is possible.

Electra/Oedipal

Mom's pain is consumed by the boy and Mom's wish is installed as life's idea. The girl swallows the poison of her dad's dream in life and fashions her dream on his wishes.

"I want a girl, just like the girl that married dear old dad," is sung either in its male or female version. But plain old Henry is not like the idealized father. Just plain Jane is a far cry from the mom made omnipotent by a child.

It is not long before the spouse begins to realize that, in some mysterious way, his wife is still

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married to her father. Similarly, the female discovers her husband's energy is still tied to his mother's apron strings. Arguments begin. Arguments grow. "You are just like your mother!" the woman says to her husband. "You are just like your father!" the man says to his wife. Real dilemmas.

The funny thing is that the reality of what each of them speaks is closer to the truth than either realizes. For maturity, a person must leave the Oedipal Wishes. Men might work their entire lives like demons possessed, providing their wives with immense material advantages because their own mother was poor and wanted things. Women might be terrific homemakers because that is what Dad wanted - no matter what their husband wants.

* * *

Transference, above all, is the ultimate wrecker of marriages. If one ignores history, history controls. By facing the material of the past openly and honestly, freedom can result. To refuse to deal with the material of transference is to wake up, 30 years down the line, and say, "Oh, my goodness! I have lived the exact same lifestyle as my parents all over again. What have I done?"

Transference is unconscious. Most prefer simply to blame all difficulties on the partner. Serious work is needed to unravel these problems. The mere notion of it offers a great opportunity to learn. One needs much courage to accomplish it.

When marriage occurs - no matter how long the courtship or even living together - the three Childhood Rs (Racket-Reflexion-Ricochet) likely will emerge. Remember, this occurs BECAUSE of the love and not in spite of it The person has a deep desire for mental health and thinks that, with this partner, it can be accomplished. So cheer up! You are being treated that way due to love. Ain't that grand!? (It helps to have a sense of humor.)

II

Symbiosis

Timidity regarding SASHET as it bubbles up within the body eventually causes two people to compromise into two hollow shells who adapt to each other for survival and scraps of love. Symbiosis, in our usage here, implies a mutual dependency with transactions becoming typified, the ways of relating programmed. There is an "uneasy truce": "If you act that way I act this way, we'll

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get along." But in gaining equilibrium, the relationship becomes static. Nothing moves.

One becomes the happy one; the other the sad one. One becomes the sick one; the other is the healthy jock. One is active, the other passive. One sulks, the other fumes. One wants to do things, the other is always tired. "Jack Sprat could eat no fat, his wife could eat no lean. And so, between them both, they licked the platter clean."

This may sound great for placidity. But it kills marriages after a while because it is so mindlessly boring. With each afraid of abandonment and of being real with their feelings, the couple goes into a standoff of non-meaning. There are several "battlefields" where the stand-offs of symbiosis are fought. Perhaps you will recognize these areas and begin eliminating them from your life with your spouse. The following PROCESSES encourage symbiosis. By employing the following strategies, intimacy is avoided.

A-The Make-Feel Heresy

Taibi Kahler, a creative T A therapist, says the basis of all not-OKness is the myth that someone else can "make you feel." Accordingly, it is in knowing that "I, and I alone, am responsible for my internal feeling set" that one begins the road to freedom.

In the secret, unconscious battle of who is responsible for whose feelings, both members of a duo duel. "You made me feel so blue," the song says. "I would be happy if it were not for your winning." "Being excited around you would be like laughing at a funeral." The salvos fire back and forth across the battlefield with each blaming the other for what feelings are occurring within.

YOU ALONE ARE RESPONSIBLE FOR YOUR FEELINGS.

To be sure, a spouse can give you incredible invitations to feel this or that way. If your spouse is a sulk, for instance (due to 18 years of conditioning), it is incredibly difficult not to react with either pleasing or anger. To keep a sane mind, your own private SASHET in response to life, is hard to maintain.

Still, one must finally look out at the world and realize that "whether or not I am happy actually depends upon me." That, in its full meaning, represents a fantastic achievement. And it needs to be achieved off and on throughout life with another person. It is very easy to fall back into a symbiosis.

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B-The Value Battle

One of our clients recently was hot on the issue of justice and wanted her spouse to have the same value. He is as straight as they come; a responsible person who is a pillar of the community, a truly good guy. But he is not for protesting, marching, making a statement about nuclear warfare, or picketing a missile launching plant. It is not his thing. If your house were burning down, he would actually give his life for you; if you were needy, he would give you the shirt off his back. He is that kind of guy.

Someone once said: "I guess we need to remember that God has many children." Liberation Psychology translates that into BTJGL options. Artists are not all into justice; "justicians" can make very poor neighbors,

An acceptable arrangement (good symbiosis, if you will), is for each person to recognize that the other has a right to his or her integrity. The first commandment of private belief in what you think is Ultimate should never be ignored by a partner.

A poor symbiosis is one in which each partner does not take a BTJGL option and live it out. "I let her do the morality thing," a Bum says as he guzzles his beer and watches a ball game. "She's into give the kids the church thing; I'll teach 'em to work," someone else says. "I'll let him be the public one, and I'll be the woman behind the man," - well, maybe, but that usually means some kind of servitude where the woman surrenders her responsibility for a given value set

C-Mind-Reading and the Obvious Problem

A reader who has never listened in on marital counseling sessions would be astounded at how many secret battles are fought about this are. "Well, I hint, don't I" he says haughtily as he demands that his wife read his mind - IF SHE REALLY CARES.

Each spouse has to learn that the other is not equipped with a crystal ball. Usually the person is incensed, at first. It is OBVIOUS to her/him that the other is CLEARLY in the wrong. We are pleased to say this is one of the few issues that can be solved by straight information. It usually takes about two months for people to realize how much they have been anticipating that their spouse is a card-carrying mind reader.

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There is a worse problem. It has to do with actual mental wiring and which sensory option is best Men are usually more visual and women are usually more auditory. He, therefore, gets angry because she cannot "see-observe-look." She gets mad because he does not "talk-listen-share." Over and over we inform couples that it is invalid to argue about which is the best brain organization. It is a difficult point to get across. Your instructor will offer more help here.

D-The Eye of the Needle

Nothing causes a symbiosis faster than the process we are about to discuss. This is when one partner is scared of the other's anger. Perhaps both are scared of each other's anger. Conversations are structured so no anger emerges. Voices are muted. Difficult issues are postponed. Anything resembling strife is skirted. Eyes are averted. Shallowness is all.

This happens because one or both of the partners witnessed anger not going anywhere when they were children. "It doesn't accomplish anything," the person says with total dismissal. Offences against a person's integrity or body are ignored (not really, for the effects are imploded in the body).

This can easily lead into a symbiosis of the Saint and the Drunk. The Saint comes on with saccharin tenderness (Rackety) due to a fear of anger or argument. The spouse is thus unjustified in ever being angry, so he or she drinks it off. With each of the spouse's bouts, the Saint is simply more justified, the Drunk only proves more and more "irresponsible."

The illustration is typical of one situation; the process of being unable to stand the other's anger spawns many others.

E-The Love Bind

If the man is a continual drinker and he says his wife is to accept him as he is or she does not love him... a bind.

If a woman nags continually like his mother did, and the husband complains about her "rotten attitude" and she says, with hurt, "You just keep wanting to improve me and won't love me for being"... you're in a bind.

If a child of the couple tells them that they should show their love by supporting his drug habit, or their love is just conventional... you're in a bind.

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At issue here is the way the person packages his or her pathology by linking it with the other person's love. "If you really love me, accept my pathology and shut up!" Any of the Rackets, Reflexions, and Ricochets, clear problems emanating from childhood, can thus be minimized, ignored, dismissed. If a spouse continues to insist on growth, the charge of "not loving me for being, only DOING," is leveled.

This is a tough one. The spouse who has perceived the pathology usually is in a no-win position. The process is a Love Bind that leads to various forms of symbiosis where there is no movement of growth and each slides away from intimacy into predictable, static roles.

III

The Polarity Process

There are two sources to a common problem most couples fall into which the author's term "The Polarity Process." The first source is rather natural, a desire to be balanced and present a whole view. The second is more properly developmental, stemming from an unresolved 2-year old impasse.

A-Equilibrium

The newly-weds sally forth into the world. One speaks spontaneously, as always, and the other adds something to the contrary. When the two return home, the person says the intention of the correction, addition or deletion was simply so that friends "don't get the wrong impression." The idea is that the person wants to stay balanced. Enthusiasm is balanced with caution, ideas must always be supplemented with corrections. The result is that the two get alienated as the corrections flow.

B-Twosies

This is the second option in taking the polarity where one or both partners have unresolved 2-year-old issues and simply take the opposite on everything that emerges in the marriage. Yes, everything. From kids to clothes, from exercise to sex, from thoughts to feelings. All one needs do is learn to say: no, yes but, on the other hand, to the contrary, besides that, to go a bit deeper, I disagree, no No No NO! This process wards off intimacy so beautifully that you will never be close in life. Just say NO!

Let's cover a few examples. A day person or a night person. A morning lover or a night lover.

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A sea person or a mountain person. A music person versus a movie person. A going-out person and a staying-in person. A work person and a play person. A house vs. apartment. Spend vs. save. Art or ball games. Children or no children. Etc. ad nauseam.

A person fears that agreement means being controlled, that harmony means their very identity would be consumed. And so, with the style of a 2-year-old, NO becomes the dominate word in the relationship. The resultant impasses are classic. A person either accepts the symbiosis dictated by the 2-year-old or leaves. Either way there will be misery. If you accept it, you never get fulfilment. If you leave, it is clear that you are bad. This is a no-win situation. Unfortunately, it also happens frequently. The way out is to own scare and learn how to join in with the processes of others at a slow enough rate so the person knows his or her identity will not be lost.

IV

The Wish Dream

This secret destroyer of marriages is silent and pernicious. Sometime in pre-adolescence, every little boy and girl develops a dream of what it will be like to be married. The dream includes the kind of spouse and house, the kind of work and play, the kind of attitude, number of children, and many other details which depend on the beauty or ugliness of the pre-adolescent's actual home life. The dream gets forgotten consciously.

Underneath, however, during marriage it is very active. Each partner anticipates that the other will simply begin to fill in the blanks so the Wish-Dream is fulfilled. Both are surprised when that doesn't happen. "Why is he so stubborn and will not do things right so we can be happy?" "Why won't she go along with my plan?"

The spouse was to know about and fulfill this dream naturally. Without the partner explaining. Without the partner asking. The spouse was simply to be the Prince Charming or the Cinderella. As one incensed person said to us, "It was not a case of their having to mind read. They were just supposed to KNOW."

A counselor must make this Wish-Dream conscious during the course of marital counseling so each partner gets to know, explicitly, the dream of the other. Sometimes there is huge disparity; sometimes both are similar. We have found that partners are selected so things could go either way.

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Some counselors say a marriage partner is selected to "advance the negative script," or "continue the games from childhood." We think the partner selected could well be the one with whom fulfillment could happen if there were a few primary adjustments regarding Real feelings.

The Dream is confronted with the dreamer figures out how much a pre-adolescent's wishing is ruining a marriage and starts updating the outcome desired. It also is necessary to discern the positive intent of the child and the real needs and wants that were being planned for. Those must be taken very seriously. If your father was an alcoholic and you pick a husband who will never avoid feelings by drinking himself into oblivion every evening, that is a justifiable want that should be respected. If your mother did not touch, and your dream includes being touched with nurture during the day, there is no replacement for that

Finally, however, one dream must be replaced with another dream. A couple needs to forge a mutual understanding of their goals in life and how to find fulfilment with each other. That is easily stated; the next two chapters will give instructions on the mechanisms needed to accomplish it.

* * *

We are aware that a four-section chapter on the problems of marriage will not exhaust the ways and means that people destroy love. There is no tragedy worse than almost winning, getting right to the edge of that which is most fulfilling in life - true intimacy - and having it wrecked by forces within that are out of awareness. The continuation of infantalism is a horrible destroyer.

We believe without hesitation that the forces of Rackets, Reflexions, Ricochets, the Polarity Process, Symbiotic maneuverings, and the Wish-Dream can be encountered and changed. This, however, is not said with simple optimism. Like any true goal in life, work is needed.

For this goal - true intimacy - all the effort of your personality is well worth the effort. We frequently picture the goal as two old people looking out at the ocean, holding hands, with canes in the outside hand of each . . . loving the world and loving each other. They have grown old together - with appreciation, with respect, with romance and care, and with a smiling acceptance and playfulness. They have had the courage to love.

Then, when the left brain ceases to be able to speak about this sufficiently, poetry and music take over. Goethe once said, "This, then, is love: when you think that you alone have found it and that no

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one has ever loved like you two before." Browning wrote, "having found love - keep love. That is all." Every reader has that bit of music, that favorite poem, which speaks to the heart of love.

A chapter on the problems of marriage would not be complete with promise and hope.

Maybe love is like what is said about greatness: Some are born loving, some work at the love, and some have it thrust upon them. We seldom see the last happen, have witnessed several of the first across the years, but have seen a lot of the middle category. . . where two people work and work on their personalities until they find real, authentic love. It is worth the work.

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STUDY GUIDE

TO

ACCOMPANY

IDENTITY TRAINING SEMINARS

LESSON NINE

Donahue's show on television frequently turned to the problems of marriage and the welter of opinions and emotions on the subject ranged widely. Most of the time there was the search for a new model of marriage: one that included liberation for both male and female. In pursuing the "blame" for what created marital disharmony, one heard charges against chauvinist men, helpless women, that all-embracing "society", step-children, mothers'-in-law, and infidelity.

This lesson delves deeper into psychological processes that insidiously destroy love. The most beautiful reward for two people, deep intimacy, turns out to be incredibly difficult to accomplish, often, the innocence of love needs to be supplemented with the profundities of analysis. The goal is two aware people who love each other and .share life. Achieving that goal is worth the work because the rewards are so terrific.

I

Transference

A-Rackets:

Write a paragraph on each Racket that applies, or has applied to you. Approach the paragraph with the following outline in mind: a)Occasions you played the Racket role, b) What your positive intention underneath happened to be, c) What your manipulative hope was, especially as it worked for you in childhood, d) What feeling was underneath in your personality - SASHET, e) Were you, or are you now, aware of any hidden smile in playing that role and 0 How effective the Racket was - both short range and long range.

For example, the Dopey role. How have you played dumb to gain advantage? Perhaps in getting out of a specific job?

B-Reflexions:

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1. Developmental Era

a. Re-read chapters four and five for information. Then go over into your right brain and think how those Era situations may enter into your relationship. Give exact examples of how you might be repeating some old childhood issue. Please do not use your Journal to analyze your spouse and enumerate his or her problems. The LOG is best used as your own growth opportunity.

b. Record in your LOG which areas seem to speak to you the most Then follow this outline in furthering your analysis and discerning what you need to do. (1) What Era seems most likely to return in your life? (2) Specifically, what signs do you recognize in yourself that are typical of that Era? (3) What is it that you needed? (4) How can you legitimately get that need met now?, and (5) What straight ways can you share this with your spouse?

2-Particular Reflexions

a. Can you think of a specific instance when you may have decided that being close was painful and so you move back from closeness? Write a paragraph on that.

b. Record, also, any specific memories you may have that led the child in you to make generalizations about the other sex. How might you be continuing that transference?

c. Record any specific memories you may have about trust and mistrust. Again, muse in writing how that might affect your relationships now.

d. Record your early conceptions in life about what love was. Can you think of a specific instance when you may have made a life decision?

e. If you have made discoveries about specific traumas in your life that you have now changed, look back and see how that trauma subtly influenced your past and record that.

3-Childhood Era Reflexions

(Remember that these were the daily traumas faced as a child. For instance, your parents daily bickering that everyone in the community knew about.)

a. What grand generalizations might you have made about the opposite sex given your

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father or mother's daily role?

b. In what areas do you start using the "all-sweeping terms" of "every, totally, completely, always," etc.?

c. How might you be carrying some of the family's patterns into your relationship while insisting that "this is the right way"? Honestly record free associations along these lines in the LOG.

C-Ricochets:

What feelings, during the pre-verbal period, might you have picked up from your mother? How does that influence your relationship? Record in your LOG. Follow this same pattern on the following also.

1. Birth
2. The first six months
3. Gender wise

Read chapter six on "The Grand Ricochet." Write in your LOG your perception of your opposite-sex parent's pain and wish. Also record how you may have structured your life around those two items - becoming the living fulfilment of their wish and carrying their internal pain. Then extend this further in terms of your relationship and see how anticipation of taking on the pain-wish of your opposite-sex parent may affect you now. For instance, do you do things your mother/father may have wanted but are not what the spouse wants?

KEY WORDS IN LESSON NINE

Banal Marriages	Transferences
Symbiosis	Polarity Process
Adolescent Wish Dream	The Love Bind
The Eye of the Needle	Equilibrium
True Intimacy	

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