



The Passion Paradox: Patterns of Love and Power in Intimate Relationships

Dean C. Delis, Cassandra Phillips

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Dealing with the problems which arise in a relationship when one partner falls more deeply in love than the other, this book is based on the view that such situations are both common and curable. The difficulties take the form of increasing desire and desperation in the "one-down" lover and dissatisfaction, often mingled with guilt and withdrawal, in the "one-up". The author sets out to change these behaviour patterns and to help to achieve a more balanced, fulfilling and enduring love. Acknowledging that not all relationships can be saved, he also offers guidelines for making the difficult decision to separate. In doing so, he takes a positive view of "next time" and aims to provide fresh hope, new insight and the practical tools for building an equal love that lasts.

The Passion Paradox: Patterns of Love and Power in Intimate Relationships Details

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From Reader Review The Passion Paradox: Patterns of Love and Power in Intimate Relationships for online ebook

Christine Kenney says

Frameworks probably would have saved me a lot of angst in teen/twenties. Purchased after reading the Kindle sample because I thought there would be a lot more detail on how to stabilize situations that can change dynamics in previously balanced relationships (i.e. job loss, promotions, children, major illness diagnosis, aging in-law care, etc.) but that chapter turned out to be a lot more generic than I had hoped.

Marc says

An excellent framework to think about how relationships can go off-balance, and ways to address them and work through things, in ways that can get around the emotional blocks that can get in the way.

Denys Percheklii says

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Tatyana Naumova says

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Olga Tarasova says

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Vihan Aw says

This is the book that I would require all high school students/pretty much any Human to read before

graduation/adulting. Seriously. This makes the esoteric and chaotic chasm of adulting a little more easier, perhaps leading to "sans soul-crushing heartache" every 5 steps.

Dean C. Delis delves into the most puzzling and intuitive, yet brilliantly invisible and paradoxical dilemma of every relationship: the aptly named Passion Trap.

The book simply states that in every relationship, over time, someone generally ends up putting in more effort, whilst the other ends up putting in less, essentially creating a dangerous dynamic that creates a self-perpetuating and carnivorous rift between two people otherwise "wonderfully in-love". This rift can happen when a dramatic change occurs, such as a new job, change of location, looming graduation, sudden high-pressure workload, etc. It happens to the best of us, or pretty much anyone.

The person who puts in less effort, or the "One Up", starts to want more and more distance from the person who puts in the most effort, or the "One Down", who then begins to, out of sheer anxiety, crowd the One Up and grow more needful of the One Up's affection and approval.

It seems bizarre at first that the more love and affection you pour into a relationship, the more it drives the other person away. But the exact reasons why, and how there can be mutual bonding and understanding, is explained beautifully in this TOME. This scripture should be read again and again until the inner workings of these dynamics set in like the alphabet.

In short, my entire perspective of relationships has changed, and poignantly so, for the absolute better because of this book. I would recommend it thrice over, for every beat of this sentimental bastard's heart.

Cara says

Wow!!! If this book is right, I now have the solution to the problem that has wrecked every relationship I've ever had. Reading this has made me much more willing to start a new relationship. Could be a total life-changer.

Highlights:

Defusing It's simple to grasp, difficult to do, but extremely effective. As your anger starts to build, make what Bay Area therapist and author Dan Wile calls an Overview Statement about your hurtful impulses.

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Overview Statements can defuse fights while they're still brewing by putting a verbal buffer between the impulse to fight or hurt and the actual fighting and hurting. And that opens the door to healing communication.

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A good way to do this is to return to the above list of hurtful tactics and practice defusing them with Overview Statements like these: • I find myself wanting to give you the silent treatment. • I'm feeling very critical of you. • I'm so upset I feel like trying to push your buttons. Then follow your Overview Statement with something like, ". . . and I think we need to talk."

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A major focus of my therapy is to keep a couple's attention on their harmful patterns and in fact to encourage them to discuss all their "problems" as patterns. When you begin to explore your patterns, remember that you'll be striving, above all, to frame them in no-fault terms that don't accuse and do acknowledge their shared nature. It helps to use the word pattern frequently when you talk about problems and also such phrases as: "We seem to be caught in a cycle"; "We seem to be out of sync"; "There seems to be a 'push-pull' effect in our relating." The basic structure of this type of No-Fault Communication is this: "We seem to have fallen into a pattern where you have this understandable reaction, which causes me to have an understandable reaction, which then causes you . . ."

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Please don't get hung up on whether your negative feelings are appropriate or "off the wall." Instead, view them as roughly 50 percent reality based and 50 percent inflated. Using this rule, you can say to yourself, "Sure, I might be overreacting, but something's going on between my partner and me that's triggering these feelings." If I've learned anything in my clinical work, it's that every feeling occurs for an important reason.

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There's a way of sharing your most overwhelming negative feelings without blaming your partner or yourself. The key is to frame them as symptoms of problem patterns. For example, you can begin with an Overview Statement like, "Lately I've been feeling (jealous, guilty, depressed, anxious, angry, critical) . . ." and immediately follow with "and I think it's because we're starting to fall into a pattern of . . . What do you think?"

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"I realize we just started seeing each other, but it seems like we're already falling into a pattern of me (you) moving in too fast and you (me) backing off. What do you think?"

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Strategy 1: Be Good to Yourself

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Strategy 2: Get a Grip on Reality

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Strategy 3: Have Brave New Thoughts

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I urge you not to waste your anger by turning it against yourself or your partner. It should be valued as the great motivator of change. You can harness your anger by telling yourself: "Dammit, I'm sick and tired of being one-down! It's time to become the person I want to be in the relationship."

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Strategy 4: Create Healthy Distance

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The heart of my therapy program for one-downs revolves around a single premise: A one-down's greatest chance for strengthening her relationship lies in her striving to shift her emotional energy away from it. Her goal will be to gain what I call Healthy Distance.

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What are the activities I used to enjoy before getting involved with my partner (or before problems developed)? • What are my personal goals outside of the relationship? Am I on a track to achieve them? • How is my social life outside the relationship? • What are my strengths? Are they being used right now?

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When we develop new skills or talents, we mount a strong attack against one-down forces. In fact, the desire to meet a partner on an equal level is one of the great motivators of career success.

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Rather, you should act however you feel like acting. Sometimes that may indeed mean reading a book around your partner, or doing work. And if you happen to be feeling very loving, by all means express that love. But if you feel loving and also anxious about what your partner is feeling, tell him something like: "I'm really enjoying being with you, and I want it to stay like this. So let me know if you want some private time, okay?" This kind of verbalizing combines intimacy and autonomy in a nonpressuring way.

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Strategy 5: Explain What You're Doing

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Strategy 6: Face Your Fears of Distance

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Strategy 7: Define the Limits of Your Healthy Distance

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Strategy 1: Empathize with Yourself

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Strategy 2: Learn from Your Guilt

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Strategy 3: Harness Your Anger

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People in this situation can be helped tremendously by the therapeutic suggestion that they reframe their anger so that the changed life situation rather than the partner bears the brunt of it. This approach promotes a “can do” attitude about making the best of the situation.

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For one-ups, blaming the harmful relationship dynamics has the same effect. Reframing anger this way makes it justifiable and even energizing. One-ups can turn anger into a potent motivator by saying, “This situation is making me angry and I’m going to do anything I can to improve it.”

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I urge you not to discount your negative perceptions of your partner. It could very well be that your partner’s personality, intelligence, looks, humor, and so on don’t mesh well with your needs. At the same time, remember that the forces of the one-up position cause you to magnify the bad and overlook the good in your partner. Be especially sensitive to distortions if your relationship was balanced, then slipped during a situational change.

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The Objectifying Exercise

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Keep Your Freedom Option Open

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Strategy 6: Trial Closeness

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Start Trial Closeness with No-Fault Communication

Yellow highlight | Page: 169
Share the Little Things

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Experiment with Affection

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Experiment with Vulnerability I ask my one-up clients to share with their partners some of their deepest hurts, fears, self-doubts, and secrets—things they may never have shared before. It may seem frightening, but it's a potent way of equalizing an unbalanced relationship. In a sense, your emotional risk makes you the one-down and your partner the one in temporary control.

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Strategy 7: Be Patient

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If you see yourself in the Sweet One-Down, you probably share the unconscious interpersonal motto: Please like me. I suggested Ginny rewrite her motto this way: People don't always have to like me.

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If you have strong Echo tendencies, your unconscious personal motto is likely to be: Without you I'm nothing. Each time you feel rejection anxiety in a relationship, this motto compels you to cling tighter to your partner. Dispute this motto by repeating to yourself: I can survive on my own.

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to build up neglected one-up skills that would enable her to find the right partner for her, someone who equally valued intimacy. Since sensitivity was one of her strengths, I urged her to focus it on a new partner's potential for closeness. If he seemed chancy, she would employ new one-up skills right away. Using No-Fault Communication, she would express the importance of closeness for her—a non-Echoing step because she would be revealing her true self at the risk of rejection. She would ask, in a nonblaming manner, if he too valued closeness.

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If you try to resolve ambivalence by thinking it through, a la Franklin's method, you wind up chasing your tail. But an action-oriented approach can help give you answers. Taking action means trying as hard as you can to correct the harmful patterns in your relationship. The goal is to make every effort

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to improve your relationship, to give it its best shot, before you make your decision. This way, you'll have confidence in the wisdom of your choice. You'll also learn more about your true relationship needs.

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Following is a summary of the most helpful action strategies:

- No-Fault Communication, the single most healing action you can take
- Disputing self-sabotaging and catastrophizing thinking patterns, and harnessing your anger in positive ways
- Fighting passion trap dynamics, with the one-down using Healthy Distance and the one-up Trial Closeness
- Addressing situational, sex-role, and attraction power imbalances
- Developing a more balanced self by learning new one-up or one-down skills
- Predicting and recovering from the inevitable setbacks

It takes hard work, courage, and maturity to use these strategies. If you feel very pessimistic about your relationship, it will also take an act of will. In the context of marriage, and especially

when there are children, I recommend trying these strategies for a year or even two.

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Three factors, often in combination, can motivate a one-down to leave a chronically unbalanced relationship: emotional burnout, a new partner, or a resurgence of self-esteem (which is what makes Healthy Distance such a potent program).

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The acute phase of this reaction period usually lasts about six weeks. (Interestingly, this is the same recovery time that surgeons tell their patients to expect.)

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As always, I urge you to value your anger—it will energize you to make the most of your life. Tell yourself, “Yes, I’ve had a major setback. But dammit, I’m going to learn from this experience and move on to find a better partner for me.”

Chiwell says

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bee are eye eh n says

Must read.

Lelya Leonova says

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Abigail Advincula says

An insightful book into the dynamics of relationships. My favorite takeaway is the notion that passion (more often than not) disappears from relationships and that it's no one's fault. The author makes the argument that an enduring passion arises most easily and naturally between two well matched individuals. However, that balance may be thrown off-kilter in any number of ways (job opportunities, different life stages, children etc. to name a few). Such an imbalance might leave the relationship with a person in the one-up position (the person who feels the most secure in the relationship and holds the cards) and with one person in the one-down (the person who feels like they must always "win" the approval of the one-up).

It was a hard book to get through in some ways. Reading the accounts of the broken relationships - stories of anguish, turmoil, and jealousy - was sad. For the same reasons, that is why this book is valuable. One feels less alone in the throws of romantic pain, and the path of heartbreak is a well-trodden one. By expecting pain and imbalance to rear its ugly head, one is better equipped to deal with it.

Astrid G Castro says

A Must read

This book offers a lot of insight about the imbalance in relationships. I'll be reading it again and definitely sharing it.

Laura Johnson says

This is a very good book that deals with the dynamics of relationships. A MUST READ for everyone!

Taylor says

Reading this book is like being able to look down on your relationships (past, present, potential) in the third person and address them rationally. The dynamics in any relationship can be constantly changing, and being able to see what's happening from an informed and prepared stance is game-changing.

Topics like practicality, ambivalence, and unbalanced control are covered. You learn the characteristics and causes that create one-ups and one-downs in relationships. You learn how they both act in the beginning courtship phases, all the way to how they act when back together after a trial separation.

Equalizing strategies for both one-ups and downs are given, for any couple to have plenty of information on how to find a more balanced and healthy relationship, or know when to turn your attention elsewhere. From the author: "The goal of this book is not to save your relationship per se, but to help you find fulfillment in love." Book was recommended by Liv Boeree in Tools of Titans.
