



The Latest Perspectives in Couples Work

HANDOUTS

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POWER

everything Yan- extended energy in order to be in the world

INSTINCTUAL

anger (with passion)
warrior (love of the fight)
killer (love of the kill/ ability to say NO)
withdrawn (highly shielded)

RATIONAL

rational (the knowers: psychological, expert, scientific, academic)

doing (action)
perfection
accomplishment (winning awards)
pusher (time)
pleaser
impersonal
personal
judgmental

spiritual (wise)
righteousness
controlling

VULNERABILITY

everything Yin- soft/receptive

pain
worthlessness
fear
anxiety
tired
sad
confuse/lost
loneliness
powerlessness
hunger
sickness
helplessness

being
receptivity to beauty
openness
gentleness
appreciation
awe
devotion
surrender: knowing we don't know
knowing the limitations of the human power

QUESTIONS TO DISCOVER VULNERABILITY

What are you not doing that you really want to do

What are you doing that you really do not want to do

When have you done something you did not want to do in order to keep the peace

When have you passed over something you really wanted in order to please the other person

When have you pushed past your physical limitations by working after you were exhausted

- Skipping meals

- Forgetting to take a break when you really needed one

- Sitting at your desk for hours and hours without once changing your position

- Not getting enough sleep

When you ignored your feelings when you were

- Loving

- Hurt

- Uncomfortable

- Needy

- Frightened

- Shy

- Overwhelmed

What have you decided not to say to your partner because it felt too foolish or weak

Adopted from the book *Partnering* by Drs. Hal and Sidra Stone

Relationships & Bonding Patterns 1

Summary

The positive bonding pattern is the natural way we give and receive emotional nourishment.

Positive bonding patterns change to negative bonding patterns when the vulnerability of the people in relationship is threatened.

A negative bonding pattern can be catastrophic, you may feel betrayed and that no one can be trusted.

To unhook from a bonding pattern, it is necessary to identify the primary self in operation, and its underlying vulnerability, and then, through the Aware Ego, to embrace the qualities of the disowned selves involved.

Summary

It is essential to learn about your own vulnerability. Otherwise you will be constantly thrown into either positive or negative bonding patterns.

In a bonding pattern we need to know:

- (1) Who we have become (which self are we playing).
- (2) What is our vulnerability or weakness that triggers everything.
- (3) What are the disowned selves we carry for each other that are the lessons we need to learn from each other.

Learning from your present bonding patterns really gives you the chance to:

- (1) Heal your old patterns.
- (2) Integrate the disowned selves the other person is carrying 'for you'.
- (3) Discover your own inner needs that you normally ignore in daily life.

Summary

The psychological parent is the part of us which always thinks it knows what is going on with the other person.

Relationships are biofeedback mechanisms which give constant and instant feedback to each person in the relationship about the selves they are expressing and disowning.

When a feeling of vulnerability arises in a relationship, it is essential to communicate it to your partner, rather than be thrown into a bonding pattern.

It is vital to understand the difference between:

- (a) becoming the vulnerability - which throws you into a bonding pattern - and
- (b) bringing your vulnerability in through an Aware Ego.

Your partners reaction - if they feel responsible or blamed - reveals whether or not you were in the vulnerability rather than in the Aware Ego.

Adopted from the Voice Dialogue Series

Relationships & Bonding Patterns 2

Summary

When you are in a primary self you are out of touch with vulnerability and this can lead to polarization in a relationship.

When you disapprove of or attack another person, you are judging or attacking your own disowned self.

There is no escaping bonding patterns as they are operating at a subconscious level.

The more disowned selves operating between two people, the more intense the bonding pattern.

Intense bonding patterns can destroy a relationship very quickly.

Summary

Linkage means the ability to energetically connect with another person.

Linkage goes beyond a physical body connection. You can experience linkage with people who are at a distance from you.

To obtain control of your energy system gives you the means to handle all types of people.

Energetic linkage allows you to experience whether verbally expressed emotions such as 'I Love You' are truthfully felt by a person or not.

Learning about the human energy system is the next work for humanity.

Summary

For a relationship between two people to work, they have to feel intimacy.

In the beginning of a relationship, you are very attracted to your disowned selves in them, and far less attracted once you have been together for a while.

Before committing to a relationship, you should be able to identify both yours and the other person's primary self system, and have knowledge of what is underneath. It is also wise to check with your own inner children how they feel about the prospective partner.

If you remain locked in your primary self system, it becomes the script for your life.

Three aspects of Bonding Patterns (BP):

1. Form of BP
who we become in the BP (whether positive or negative)
2. Disowned vulnerability triggers + or - BP
what is the vulnerability or weakness that triggers everything
3. Disowned Selves
what are the disowned selves we carry for each other that are really the lessons we have to learn from one another.

COMMUNICATING VULNERABILITY

When you are in tune with your vulnerability you are sensitive to the quality of interactions between the lives of you. When the connection is altered or broken you know about it. Look at the situations carefully & try to figure out what is happening & what you want to do about it. This combines power with vulnerability.

You must be able to feel your vulnerability while at the same time you feel your power. You are bringing to your partner the totality of who you are. You are being intimate in a new way. You are not abdicating to your partner. As you speak, remember that your goal is to be received, NOT to be rescued. The aim is to communicate NOT convince.

HINT A: 1) if you feel in charge of situations = you moved too much in the power side
2) if you feel you are at the mercy of others = you moved too much in the vulnerable

HINT B: your partner's reaction will tell you whether or not you have struck a good balance

POSITIVE BONDING PATTERN

ONE PARTNER

PARENT

Responsible
Understanding
Permissive
Warm
Giving

CHILD

Compliant
Good
Obedient
Sweet
Fun



THE OTHER PARTNER

CHILD

Compliant
Good
Obedient
Sweet
Fun

PARENT

Responsible
Understanding
Permissive
Warm
Giving

NEGATIVE BONDING PATTERN

ONE PARTNER

PARENT

Power:
Withdraw
Judgmental
Demanding
Controlling
Attacking

CHILD

Vulnerability:
Hurt
Abandoned
Rejected
Sad
Inadequate
Rebellious
Betrayed



THE OTHER PARTNER

CHILD

Vulnerability:
Hurt
Abandoned
Rejected
Sad
Inadequate
Rebellious
Betrayed

PARENT

Power:
Withdraw
Judgmental
Demanding
Controlling
Attacking

PRIMARY SELVES: PARTNER "A"

PRIMARY SELVES: PARTNER "B"

**QUESTIONS TO ASKED AS ONE IS MOVING
FROM POSITIVE BONDING PATTERN TO NEGATIVE BONDING PATTERN:**

What do you blame/judge your partner about?

That he/she is too_____

What do you get blamed/judged about from your partner?

That I am too_____

Can you identify the ignition point? (Before the fight even began)

Where did you neglect/did not notice your:

Feelings

Vulnerability

Body

Needs

INFORMATIVE BOOKS

Koumidou-Vlesmas, Yolanda and Moritz Renate, (2019) *Responding to Loneliness and Longing*, Companion Books

Koumidou-Vlesmas, Yolanda (2015) *The Inner Eater Selves, Integrating the Parts of Personality Involved in Overeating*.

Roszak, Gomes, Kanner (1995). *Ecopsychology*, Sierra Club Books

Stamboliev, Robert (1992). *The Energetics of Voice Dialogue*, LifeRhythm

Stone, Hal and Sidra:

(1989). *Embracing Our Selves*, Nataraj

(1993). *Embracing Your Inner Critic*, HarperCollins

(2000). *Partnering*, New World Library

Tolle, Eckhart (1999). *The Power of Now*, New World Library

INSPIRING BOOKS

Hoff, Benjamin (1983). *The Tao of Pooh*, Penguin Books

Meher Baba:

(1967), 6th Edition. *Discourses*, Maharashtra, India, currently carried by Sheriar Books, South Carolina

(1989), 4th Edition, *Listen Humanity*, New York, currently carried by Sheriar Books, South Carolina

Kornfield, Jack (2000). *After the Ecstasy, The Laundry*, Bantam

Ruiz, Don Miguel (1997). *The Four Agreements*, Amber-Allen Publishing, Inc.

Watts, Alan (1957). *The Way of Zen*, Pantheon Books Inc.

Welwood, John (1990). *Journey of the Heart*, HarperCollins

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