ReKINDLE

Relationship Counselling

Course designed & created by Sian Hines in partnership with ReKindle Counselling ®

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Relationship Counselling

Module 4

Written by Sian Hines

What this module includes – module packs

At the end of each module, you will get a module pack with various handouts that will be useful when working with couples.

Module 4 includes: questions for couples, flashback injuries, feedback wheel, powerplay reconnection, reconnecting after conflict, 4 horseman, menopause, questions to help to progress with infidelity, couples life cycle

Case Study Discussion

Couple married, both mid 40s, Male/Female, teenage children, late teens

Lack of hope and connection, life is routine.

Communication is steady about home stuff but not much else.

General sense of apathy form the female.

Does not feel invested in the marriage.

Easier not to be married in her eyes.

What line of questioning would you take? What would you want to know, let's draw on what we have learnt in modules 1, 2 and 3.

Type of questions to use, emotional work, what is missing from the list of needs in a relationship.

What are the key things that could be happening in their lives right now, individually and as a family.

Video Learning-Discussion Point

Kirsti & Brock

Couples Therapy discussion point

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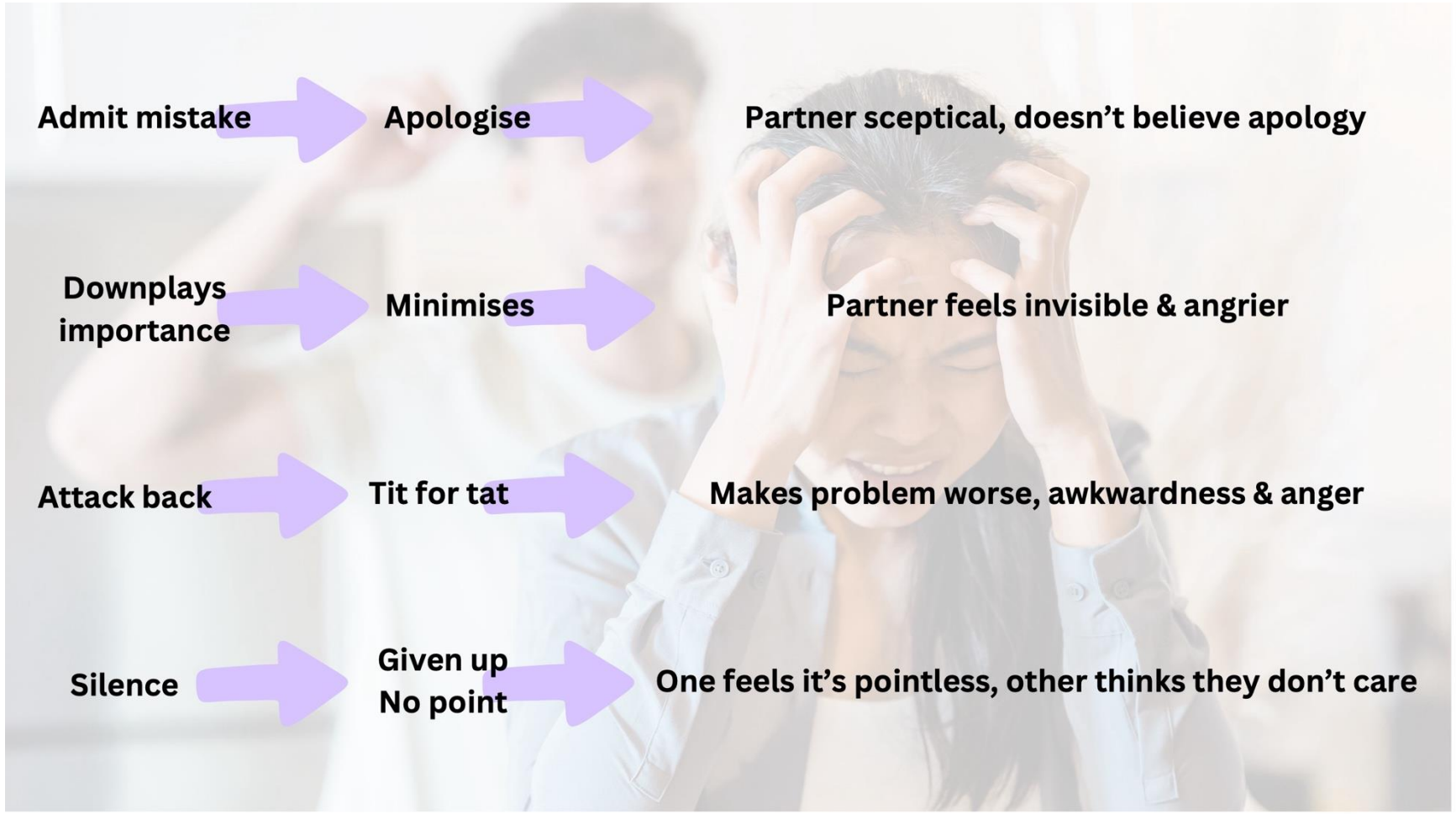
Main Conflicts in Relationships

List of conflicts that commonly flare up:

1. Equal and shared household responsibilities.
2. Parenting issues.
3. Not having enough alone time.
4. Different communication styles.
5. Handling intense emotions.
6. Sexual and intimacy issues.
7. Negative emotions – controlling, demanding, critical, jealous.
8. Not showing or feeling enough affection.
9. Struggling to make decisions that both can agree on.
10. Money problems.
11. Friends and Family boundary issues.
12. Work - Life balance.
13. Feeling Lost.
14. Lack of attention.

Argument Cycle

Typical Argument Cycles



Argument Styles

The Three Fighting Styles

- Attack/Attack
- Attack/Defend
- Silent/Silent

Therapist Corner

Things to ask the couple

Do they have any interest in learning new information about each other?

How do you both contribute to your conversations disintegrating?

Where do you each go in your mind or body after an argument?

What do you both need to move away from the argument?

Can you give you the need to retaliate and win the conversation if it is heated to stop the tit for tat?

Case Study Discussion

Couple, together 5 years. Good levels of communication.

Get along well, lots in common.

Biggest cause of friction is money.

One is a spender (him), and the other a saver (her).

What would your steps be to start to move forward?

What questions would you have to get more clarity on how they think, feel and react?

What are key questions to ask and the style?

4 Horseman


Criticism
Contempt
4 Horsemen
of the Apocalypse
Defensiveness
Stonewalling

4 Horseman

Master Couples

‘Masters’ of relationships do not necessarily do everything right all the time. But these couples are aware about how to make repairs to situations that have happened.

Disaster Couples

‘Disasters’ of relationships, these are the partners who have not learned during relationships how to manage conflict or communicate effectively.

4 Horseman Master & Disaster

All relationships have conflict. The healthiest relationship will at some point have conflict.

It is so important to realise that it's ***not the appearance of conflict*** that is the problem with the relationship, but ***how it is handled***.

That is what predicts whether it's going to be a success or a failure.

Introduce the Master & Disaster Couples and the 4 Horseman to your clients.

It's not as harsh or as dramatic as it sounds and if the couple are in 'disaster' and they gain understanding about the '4 Horseman' then it is still salvageable.

It is important for everyone to recognise that the Horsemen do not just suddenly appear, they have been there the entire time but in a less severe way. They grow because of unresolved arguments over a period of years.

4 Horseman

CRITICISM

Dealing with problems through harsh, blaming, or hurtful expressions of judgment or disapproval.

- ***Focus is on perceived personal flaws rather than changeable behaviours.***
- ***Often met with defensiveness.***

"This kitchen is a mess. You're such a slob."



4 Horseman Criticism

Complaint or Criticism?

Complaining is the need to vent a dissatisfaction or frustration

Criticism is an analysis or a judgement on someone, something or a behaviour.

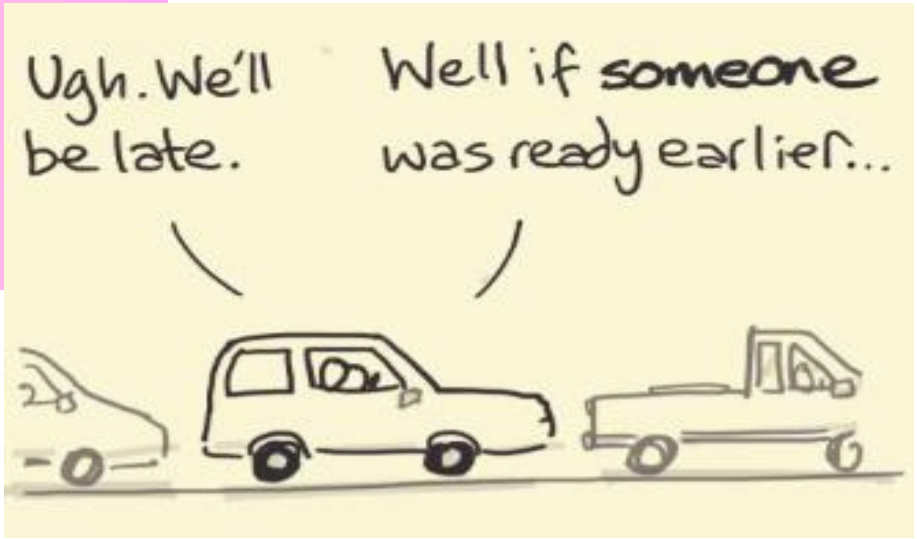
4 Horseman

DEFENSIVENESS

Deflecting responsibility for your own mistakes and behaviours, or refusing to accept feedback.

- ***Making excuses for behaviour.***
- ***Shifting blame to your partner.***

"It isn't my fault I yelled. You were late, not me!"



4 Horseman Defensiveness

A common reaction to criticism.

A counterattack or moan about what is happening without any attempt of understanding or changing.

Often seeing yourself as the victim and changing response to put yourself in victim mode.

Disaster Couples: “I can’t help it… Doesn’t matter what I do, I am always wrong”.

4 Horseman

CONTEMPT

Showing anger, disgust, or hostility toward your partner.

- ***Using putdowns or insults.***
- ***Acting superior to your partner.***
- ***Using a mocking or sarcastic tone.***



4 Horseman Contempt

Contempt:

When one person speaks to the other from a superior place. Designed to belittle them and make them feel insecure.

This is a communication style that is the most damaging. Deep down, it stems from a sense of feeling unappreciated and unacknowledged in the relationship.

Discussion points

How do you feel when faced with contempt?

4 Horseman

STONEWALLING

Emotionally withdrawing, shutting down, or going silent during important discussions.

- ***Often a response to feeling overwhelmed.***
- ***Used to avoid difficult discussions or problems.***
- ***Underlying problems go unresolved.***



4 Horseman Stonewalling

Withdrawing from the relationship to avoid conflict.

Silence and no engagement. This is a normal response to a partner showing criticism or contempt.

Disaster Couples – one shouting and trying to get answers, the other shrugs, remains noncommittal and silent.

Discussion points

What are some examples of stonewalling?

What other role is stonewalling similar too?

Therapist Corner

Things to ask clients in the session:

How many of the Four Horseman do you recognise happening in your relationship?

When do they appear.... what topic triggers them?

When I act like one of the horsemen, how do I feel?

When my partner acts like this horseman how do I feel?

4 Horseman Video Learning

Short clip from Season 2 of Couples Therapy - Episode 1

Note of how many times you see the 4-horseman activated in this session.

- Criticism or Complaint
- Contempt
- Defensiveness
- Stonewalling

Then a short clip of the same couple - Episode 2

- What are you seeing here?
- Is there progress?

4 Horseman


The Four Horsemen & Antidotes:
@theselfspace
CRITICISM
Verbally attacking personality or character.
GENTLE START-UP
Talk about feelings using "I" statements and express positive needs
CONTEMPT
Attaching sense of self with intent to insult or abuse.
APPRECIATION
Build a culture of appreciation, remind yourself of your partner's qualities. Find gratitude for positive actions.
DEFENSIVENESS
Victimising yourself to ward off a perceived attack and reverse the blame.
TAKE RESPONSIBILITY
Accept your partner's perspective and offer an apology for any wrongdoing.
STONEWALLING
Withdrawing to avoid conflict and convey disapproval, distance and separation.
SELF-SOOTHING
Take a break and spend time doing something psychologically soothing or distracting.

4 Horseman Video Learning

Short video clip talking through the Four Horseman and how to handle it in the therapy room.

Then split into two groups to list, discuss tools and techniques to disarm the four horseman.

4 Horseman

From the questioning styles in Module 1, which form of questioning do you think would be best to challenge the Four Horseman?

Reminder:

Socratic? Beneficial when talking to clients about beliefs that they hold, helps them to examine the evidence and logic behind them.

Solution Focused? Provides a space where the positives and the reasons that they got together can be remembered and discussed. It is about fostering hope.

Circular? Enables couples to see connections with their behaviour.

Motivational Interviewing? Helps couples move away from conflict into a relationship that is more collaborative, goal-oriented, with motivation and commitment to change.

4 Horseman Group Activity

There is no hard and fast rule, but starting with Circular questions would be useful, then moving into Motivational Interviewing.
Example:

Circular Questioning -

“When A asks a question about finances, how does B react in response to it?, what behaviour of the Four Horseman shows up?”

Can you brainstorm any others?

What other elements of discovery can you additionally bring?

4 Horseman

Motivational Interviewing - using statements and questions for reinforcing positive change-talk, new behaviours and motivation

"That sounds like a good idea."

“What else do you know about each other that can help you move away from that behaviour?”

What other statements and questions can you think of?

Drama Triangle

These are roles that couples can sometimes switch from one to another depending on how the conflict/argument continues.

The following traits can be shown:

Perpetrator: I Get To Feel Safe or Important by Hurting Others and Putting Them Down.

Rescuer: I Get to Feel Safe by Enabling Others.

Victim: I Get to Feel Safe by being Submissive.

Drama Triangle

The aim is to help couples move from Drama Triangle to Empowerment Triangle.

The aim is to get the couple to move out of Perpetrator, Victim and Rescuer to Challenger, Survivor/Thriver and Coach.

In addition, think about drivers:

- *Please Others*
- *Be Strong*
- *Hurry Up*
- *Be Perfect*
- *Try Hard*

Drama Triangle

Discussion Time

Let's spend some time discussing what traits we know could be part of each of the roles.

Perpetrator

Victim

Rescuer

Drama Triangle to Empowerment Triangle

The Drama Triangle

We move around the triangle until one of us moves out and into a clear and healthy communication pattern.

Persecutor (Bully)
- critical, judgemental
- argumentative
- lashes out
- blamer, "it's all your fault"
- makes victim feel helpless
- driven by anger or resentment
- uses guilt to control
- rigid in thinking
- bossy
- dominating or oppressive
- "me first" attitude
- it's important to be right

~~Bully~~

CHALLENGER with Clear Structure
- communicate assertively
- express thoughts/feelings/ideas without being overbearing
- set boundaries
- be an active listener
- ask questions instead of ordering/blaming
- be accountable for yourself
- make expectations clear
- don't threaten people to get your way
- collaborate and consider the other

Victim (Helpless)
- feels oppressed
- feels helpless, ashamed
- feels powerless/incapable
- dependent on others
- seeks a rescuer
- can't solve problems or make decisions to help themselves
- has a poor-me attitude
- self pity
- avoids responsibility
- views self as lesser than others

~~Victim~~

SURVIVOR/THRIVER with Problem Solving
- state what you want/need and take action to move forward
- keep agreements and follow through with your commitments
- dispute your old thinking and ask yourself about the healthy way of getting what you want
- acknowledge your strengths and make note of your progress
- reflect on your strengths
- appreciate your uniqueness and accept yourself for being you
- ask for support, not rescuing
- accept your vulnerabilities

Rescuer (Savior)
- over-helpful
- enabler and can be a Martyr
- feels responsible for others
- fixes other people's problems
- makes sacrifices for others and discounts personal needs
- see self as a rescuer
- sees others a helpless
- feels guilt when problems can't be solved
- keeps the victim dependent
- rescuing creates a sense of being capable

~~Rescuer~~

COACH with Clear Support
- Say: "I care about you and I know you are capable"
- Don't do for others what they can do for themselves
- Be willing to listen without taking on other people's problems and pain
- Set boundaries that reflect your limitations
- take care of your needs
- listen to your gut
- offer compassion over solutions
- support instead of rescue
- help only when asked to
- allow others to think and do for themselves

Adapted from Karpman's Triangle (Stephen Karpman)

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Drama Triangle The Start Gate

Most often there is a ‘start gate’ meaning that it is common for the entrance to the drama triangle comes from the couple’s natural role.

For example:

One client may naturally be a persecutor, rescuer or victim. This can be because of many factors like:

- Upbringing, learned behaviour, coping mechanisms.

In any given conflict, people can shift between the three roles.

Drama Triangle The Start Gate

An example of a drama triangle playing out

Scene:

Partner A: In the house with Partner B, both sitting down watching a programme.

Partner A: Goes into the kitchen. Washing up is not done, it's building up and there's a lack of workspace.

Partner A: Feels frustrated and starts banging the pans and crockery around, sighing loudly.

Partner B: Asks what is happening.

Partner A: "I am doing the washing up, because no one else does it." - **Persecutor**

Partner B: Feels uncomfortable, feels the tension, feels the urge to rescue…
"leave it, I'll do it" - **Rescuer**

Partner A: "no you don't do want to do it, you are tired, I know that." - Declaring that Partner B is a **Victim**

Partner B: "That is not fair, I never said I wouldn't do it." - **Victim** then switches "You are too impatient." - **Persecutor**, partner A moves into feeling **Victim.**

Partner A: "You don't do it right anyway; I like it done my way." - Comes out of **Victim** goes back into **Persecutor**, placing Partner B as **Victim**.

Drama Triangle The Start Gate

Now watch a short clip about the Drama Triangle and how it shows up in relationships.

Therapist Corner

Ask the client if they recognise if the drama triangle is active in their relationship?

What are the roles that they naturally fall into?

How does that feel seeing it through this lens?

What is needed to move into the Challenger/Coach/Survivor roles?

Drama Triangle

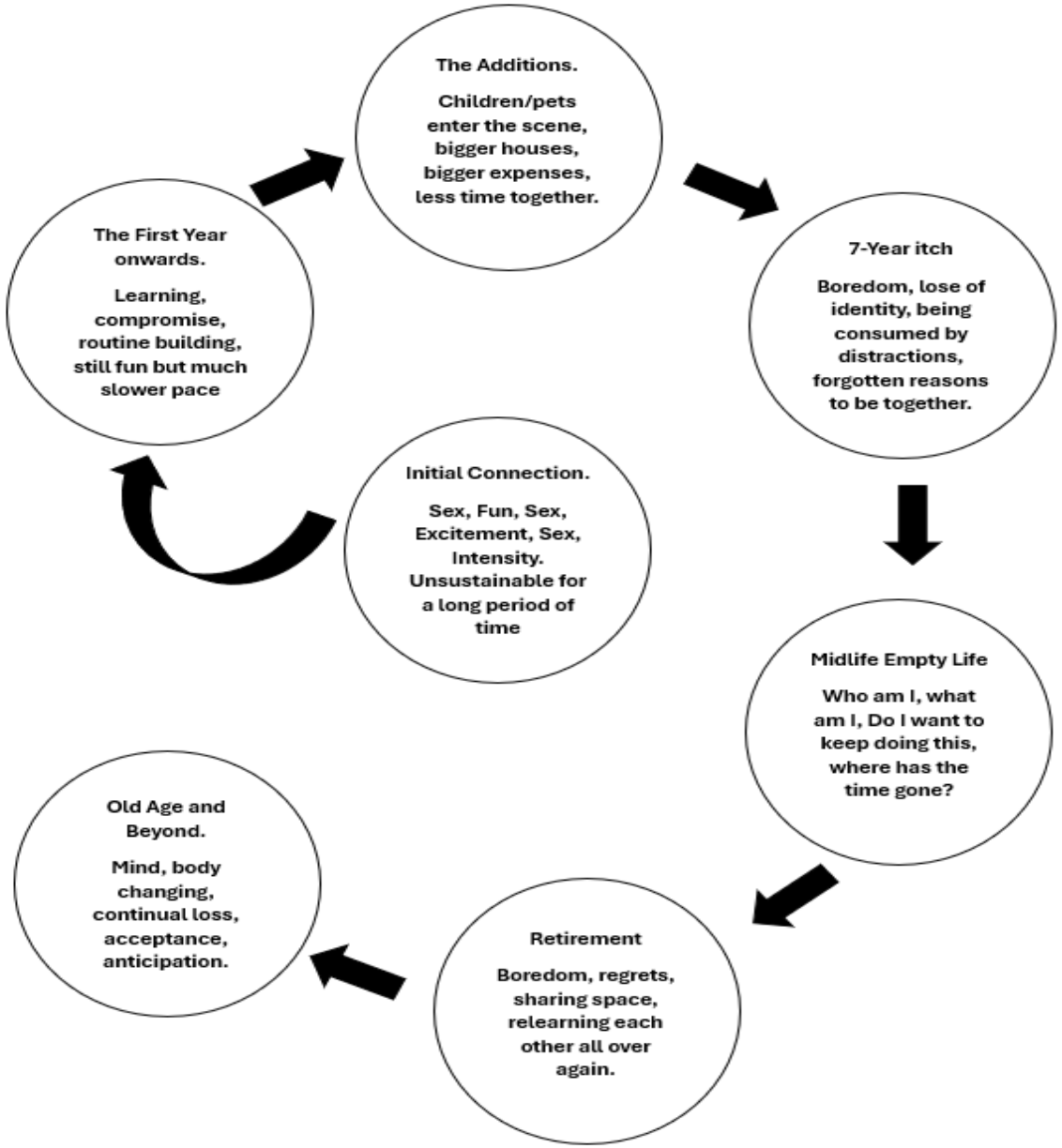
There are no winners in a drama triangle. It is an exhaustive process and is damaging.

It can:

- Cause pain.
- Come from denied pain.
- Perpetuate lies and unhealthy secrets.
- Come from a sense of shame and cause shame.
- Come from feelings of unworthiness.
- Bring about a loss of personal power.
- Perpetuate guilt and a sick sense of love.
- Keep people caught in dysfunctional behaviour.
- Be passed down to the next generation of children.

Our aim is to help the couple to recognise the patterns and to bring those patterns of behaviour into consciousness.

Couples Life Cycle



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Couple's Discussions

- **House and home** - type of house, type of bed to sleep in, how they each sleep, night owl or early bird! How long they ideally want to stay in properties.
- **Health and fitness** - what are their thoughts on food, lifestyle, fitness. Same page or complete opposites?
- **Family and Friends** - what do they know and understand about each other's friends and family. Do they understand who is important and who isn't and why.
- **Children** - on the same page about children? Infertility, fostering, adoption?
- **Technology** - social media, how much time spent on devices, is it interrupting time together?
- **Roles** - how were they each raised, different cultures, values and beliefs, fair split of household jobs.
- **Work** - goals and aspirations in career, missed opportunities, full or part time, who changes if children or pets enter the relationship.
- **Money** - how is money earned and shared, own money vs pooled money, spending limits and boundaries.

What can Halt a Relationship

Imbalance of effort

Lack of communication

Disinterest in each other's lives

Unbalanced decision making

Emotional unavailability

Absence of shared interests

Inequality in power dynamics

Feeling undervalued or unappreciated

Lack of growth and progress

Power Struggles in a Relationship

A power struggle in a relationship is where both partners vie for control, authority, or dominance.

There is a battle for influence and decision-making power and control or superiority over one thing or lots of things.

A power struggle can develop over a period of time, or it can be instantaneous.

It can happen as a result of various factors.

Power Struggles in a Relationship

Constant arguments

Withholding affection and intimacy

Lack of trust

Dominance and control

Lack of compromise

Disregard for partners' needs

Manipulative behaviour

Competitive behaviour

Imbalanced decision making

Lack of boundaries

Withholding information

Challenging Power Struggles in a Relationship

- Parent - Adult - Child work
- Check if secondary gains are occurring
- Active Listening - is it there? is it known? Do you need to remind them again of the positives of using it
- Perspectives, viewpoints and empathy work
- DEARMAN Framework
- Drama Triangle
- Back to basics with emotions
- Re-engagement with other exercises (there are an abundance)

Challenging Power Struggles in a Relationship

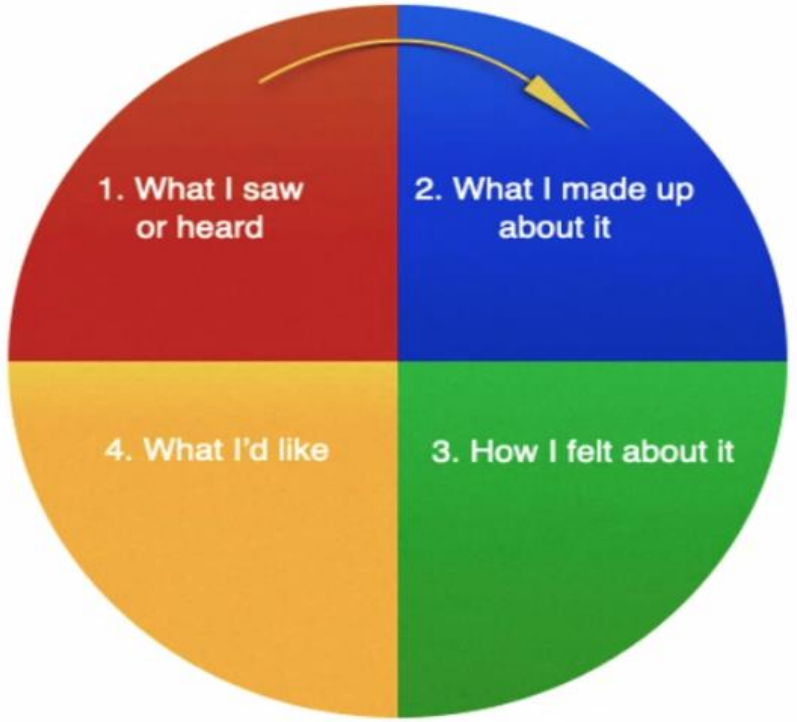
Key things to work towards

- Getting the couple to realise that its not about winning a conversation.
- Getting the couple to realise and be able to say, I hurt you, I can see that. I want this to stop.
- Getting the couple to see and know that they matter to the other.

Using the Feedback Wheel

FEEDBACK WHEEL

A. Contract with your partner to do the process. Don't just dump.
B. Remember love
C. Use the four steps of the feedback wheel
D. Let go of outcome



***Only 2 sentences/thoughts permitted per section!

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Therapists Corner

A short clip which defines listening and empathising.

Personally, I love it, and it makes me laugh.

It also gets to the point about expressing empathy for a situation.

Flipping a Power Struggle

Dealing with a power struggle is a step-by-step process.

Return to ‘de-escalating’ and encouraging the couple to:

- Take turns in speaking
- Show genuine interest in what each other is saying
- Don’t lecture or give unsolicited advice
- Communicate on what you heard and understood from what was being said
- Show affection
- Validate emotions

Therapists Corner

A challenge in two groups:

List as many power struggle improvements and connection activities as you can to suggest to your couples.

Under the headings of:

- Improving trust
- Calming down
- Bringing fun back into the relationship
- Planning for the future

Things that Create Change

- Grief and loss
- Illness and disability
- Children arriving and children leaving
- Perimenopause and menopause
- Infidelity and breaches of trust
- Lack of intimacy
- Flashback injuries

Things that Create Change Video learning

A clip of Tashira and Dru from Series 2 - Episode 1
Demonstrates several aspects of relationship struggles.

Can you identify them?

How would you move forward with this?

Drawing on all we have talked about from module 1 till now,

what tools and techniques would you suggest to use in this session and the next?

Case Study Discussion

Couple, together 10+ years. Living together. Females' adult son moved in with them. Very disruptive and disrespectful (age 25). Has drug addiction problems, does not pay for upkeep or bills.

Female states will prioritise son

Male would like some boundaries for son. Feels uncomfortable living in property. (He moved into her property)

What would your steps be to move forward?

What can you see happening between them?

Things that Create Change – Perimenopause and Menopause

Key Psychoeducation for Counsellors working with couples that are battling Perimenopause and Menopause

Hormonal Shifts

Common Symptoms

Psychological Impacts

Relationship Impacts

Our aim is to educate without diagnosing — use psychoeducation as a bridge to empathy, not as medical labelling.

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Things that Create Change – Perimenopause and Menopause

Possible Presentations:

Escalating conflict or “distance” in an otherwise stable couple.
Withdrawal, low confidence, loss of affection, or avoidance of touch.
One partner feeling “left out” or rejected.
Mood swings being misattributed to relationship dissatisfaction.
Existential questioning: *“Who am I now?” “Is this all there is?”*

Therapist’s Lens:

Attend to *what has changed and when!*
Invite both partners to explore physical, emotional, and relational changes rather than blame.
Recognise that both partners are undergoing a transition — the woman’s internal changes and the partner’s external adaptation.

Things that Create Change – Perimenopause and Menopause

Approaches that can be used to help couples

- Integrative & Psychoeducational Approach
- EFT (Emotion-Focused Therapy) for Couples
- Systemic/Relational Re-balancing
- Narrative Therapy
- Compassion-Focused & Mindfulness Approaches
- Somatic Awareness

Things that Create Change – Perimenopause and Menopause Counsellor Technique

Technique	Purpose / Focus
Menopause Timeline Exploration	Create a timeline of physical/emotional changes to locate relational shifts and promote understanding.
Communication Reset Exercise *(see resources)*	Re-teach active listening, non-defensive responses, and empathy statements: “What’s one thing you’d like me to understand right now?”
Shared Language for Symptoms	Help the couple find non-judgmental phrases for symptoms (“My energy’s low today” instead of “I can’t be bothered”).
Values Reconnection Task	Explore what’s meaningful beyond roles and bodies — identity, legacy, partnership goals.
Intimacy Map *(see resources)*	Re-discover safe touch, sensuality, and affection through non-sexual physical closeness.
Re-storying Exercise	Create a narrative of this stage as transformation, not decline — “We’re entering a new chapter of knowing each other.”

Things that Create Change – Perimenopause and Menopause

Avoid pathologising: menopause is not a disorder but a transition.

Be mindful of cultural and gender diversity — not all people who experience menopause identify as women, and cultural narratives around ageing differ.

Recognise therapist bias: explore your own responses to ageing, sexuality, and gender roles.

Use supervision to process countertransference (e.g., frustration, rescuing, projection).

Case Study Discussion

Sarah (52) and Mark (54)

Sarah describes disturbed sleeping patterns and feeling "irritable and numb." Mark says, "She doesn't want me anymore."

How would you approach this couple?

What Skills could be appropriate to help?

How could you facilitate improved communication?

Things that Change a Relationship - Infidelity

infidelity

noun [C or U]

UK /ˌɪn.fɪˈdel.ə.ti/ US /ˌɪn.fəˈdel.ə.ţi/

Add to word list

(an act of) having sex with someone who is not your husband, wife, or regular sexual partner:

- ***marital/sexual*** *infidelity*
- *She could not forgive his many infidelities.*

Synonym

faithlessness (NOT LOYAL) literary

Opposites

faithfulness

fidelity

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Things that Change a Relationship - Infidelity

cheat

verb

UK /tʃiːt/ US /tʃiːt/

Add to word list

B2 [I or T]

to behave in a dishonest way in order to get what you want:

- *Any athlete caught cheating will be disqualified from the competition.*
- **cheat at** *He cheats at cards.*
- *I suspect he cheats on his taxes (= avoids paying as much tax as he should).*
- **cheat in** *She cheated in the exam by copying from the boy in front.*
- *They cheat people by charging too much for building materials.*

Thesaurus: synonyms, antonyms, and examples

to deceive someone

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Things that Change a Relationship - Infidelity

Five signs that a relationship can recover after an infidelity.
(This is what we are looking for in the sessions)

- Full accountability from the partner that cheated.
- Full transparency, open phones, shared locations, shared schedules with no resentment or defensiveness.
- The betrayed partner can express their anger without their partners shame shutting them down.
- Both partners willing to explore their paths in the relationship.
- The cheating partner cutting contact with affair partner immediately.

Infidelity & Recovery

If there are signs of crisis trauma within the relationship because of the infidelity,

then stabilisation is needed before exploratory work.

Infidelity & Recovery

A tried and tested recovery method comes from “The Gottman Institute”

This is a three staged process called:

Atone

Attune

Attach

This process can slot in alongside EFT.

Infidelity & Recovery *Atone*

Stage 1 – Atone

This stage is essential, this is where the client that cheated takes responsibility and accountability for their actions.

This stage is messy, it is back and forth, it is triggering, it is exhausting for the couple and the therapist.

There are questions to ask and be answered honestly and openly. This is not about protecting people; this is about reparation, finding clarity with the aim to move forward.

'Atone' is where the path to the betrayal starts to become clear. There will be two individual paths that are being walked towards a joint path…. the Atonement Path.

Infidelity & Recovery *Attune*

Stage 2 – Attune

This is about altering the relationship to make it stronger.

The work done in this stage is about:

- *Building trust*
- *Emotional stability*
- *Intimacy*
- *Feeling OK when being vulnerable with each other*

Infidelity & Recovery *Attach*

Stage 3 – Attach

This is the final stage for trust revival and deals with sex which is a natural part of a relationship.

'Attach' is about trusting the process and that there is renewed hope and strength in the relationship.

Infidelity - Stages of Recovery

Working alongside the Gottman's revival method are the stages of recovery:

Discovery stage: Zero to six weeks, characterised by shock and emotional instability.

Reaction stage: Six months, where tasks need to be completed for both parties to feel safe - Atone and Attune fit into this stage.

Release stage: Months 9 to 12 - Attune and the start of Attach fit into this stage.

Recommitment and moving on: 12 to 18 months - The final stage of Attach.



Therapist Corner

Therapy Actions to consider:

- Has the definition of cheating been bent to suit a need?
- Has there been examples of cheating in each other's past?
- What do they each consider to be cheating and why?
- Do you see a pattern of ID/EGO/SUPEREGO happening?
- Ask the couples what they include in the form of Physical Cheating/Emotional Cheating/Virtual Cheating.
- How do they feel about talking through emotions?
- How were they raised to talk emotions?

Flashback Injury for Infidelity

Sometimes there's something that one or both can't let go of.

They are not able to move into the remember and recover or the forgive and forget stage of an event/break in trust?

This is because there is a flashback to the triggering event that caused the injury. There is an attachment to it for some reason.

The injury is the defining moment where the relationship changed.

Attachments, injuries and the flashbacks that go with them need to be worked through together as a couple.

Flashback Injury

Attachment injury flashbacks surface in the following forms:

Intrusive memories

Avoidance and numbing

Hyperarousal

Hypoarousal

The plan - For each partner it is important to remember that there is a (normally hidden) path which they have both inadvertently walked on that has contributed to the initial action.

1. Identify the injury.
2. Feel the impact.
3. Hear the pain.
4. Grieve the loss.
5. Acknowledge responsibility.
6. Reach out to each other.
7. Respond.
8. Switch roles if necessary…..a break at this point might be a good idea….fresh air, 10 minute decompress.

Rebuilding Trust

- There is no rebuilding trust on demand!
- There is no rebuilding trust by defending the behaviour that caused the rupture!
- There is no rebuilding trust by waiting for each other to get over it!
- Trust is rebuilt when both partners feel the emotional impact of what has happened.

Not focusing on what went wrong, the reasons why but the emotions of what you are feeling.

Trust may not look the same as it did.
Trust might come slowly
Trust might include boundaries that were not there before

The trust can only return when both nervous systems understand the emotional damage between them.

Rebuilding Trust

Acknowledgement what happened without minimising or making excuses.

Focus perspective.

Full responsibility is taken by the person that broke the trust.

Allow space for difficult emotions.

Create clear boundaries

Not being rushed to move on.

More than just apologies

Allow affection and intimacy return gradually

Being able to talk safely about what led to the betrayal

Progress and re connections can happen.

Things that Create Change Video learning

A clip of Sean and Erica from Series 3 – Episode 16
Demonstrates several aspects of atone, attune and attach.

Can you identify them?

How would you move forward with this?

Drawing on all we have talked about from module 1 till now,

what tools and techniques would you suggest to use in this session and the next?

Case Study Discussion

Middle aged couple, Female 40, Male 50. In an affair and struggling within it. Male has no partner, female has husband. Female has 2 children; male has 1 child that lives with ex partner full time. Children are senior school age.

Male won't talk long term and won't commit to plans

Female would like to know what the plan is long term

Arguments are frequent.
Female doesn't feel that he is invested, male feels uncomfortable with structure.

What would your steps be to move forward for both?

Would you struggle to understand helping them?

Case Study Discussion

Young couple, mid 20s. Together 4 years.

Male has cheated 4 times during this relationship.

Female wants answers as to why

Male does not know why he did it.

What would your steps be to move forward for both?

Case Study Discussion

Couple, together 5 years.

Female holding onto a betrayal and struggling to let go. Hurt by what happened (context - betrayal surrounding smoking in secrecy after telling her he had given up)

Male is struggling to see anything from her point of view.

Lots of criticism and contempt.

In addition, recent bereavement on her side with her brother dying from cancer.

What would your steps be to move forward for both?

- Is this a flashback injury?
- What do the couple need to learn?
- What do you think the flashback is?
- What does she need?

The conflicting couple aims

Aims in changing how to handle conflict

Before Relationship Counselling	After Relationship Counselling
Arguing to win and prove points	Calmly discuss to understand each others perspective
Raised voices to be heard	Slow down to actually hear
Avoided conflict until it explodes	Bring up small things before they become big things.
Assumed the worst about each other's intention	Asked clarifying questions instead f making assumptions.
Pursuing our partner to resolve instantly	Being ok to take breaks when needed to come back together when calmer to repair.

Lack of Intimacy

Module 5 includes calming down and moving on.

We will be starting with lack of intimacy as this is something that crops up again and again.

In preparation, watch Couples Therapy, Series 3, Cyn & Yaya. BBC iPlayer.

Episode 1 – starting at 19.55

Episode 2 – starting at 6.50

Episode 3 – starting at 7.00

Episode 4 – starting at 18.24

Episode 5 – starting at 8.13

Lack of Intimacy

Make notes on each of those segments

What dynamics are playing out?

What are you learning?

What questions do you have?

Are they looking at their own needs and why they are reacting as they are?

What is missing from their relationship?

How is the therapist helping them?

We will start next session discussing this…

ReKINDLE
Relationship Counselling

See you next Time

From all of us at ReKindle… bye for now