HEALTHY RELATIONSHIPS

Bucarest, 24th of April 2015

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AGENDA

• What is the importance of our relationships?
• Relationships and Bonding
• Relationships and Trauma
• What means „healthy“ love?
• What are Illusions of love?
• Examples of healthy and sickening relations
• What can we do to gain healthy relationships?
THE IMPORTANCE OF RELATIONSHIPS

• Our relationships are the main source for well-being and for suffering
• Our relationships are the most important challenge for personal development and growth
• There are healthy = constructive relationships and sickening = destructive relationshipsships
• Behind most of the symptoms of emotional suffering and behind many symptoms of physical illnesses there are destructive relationships
• But: Relationships are an addition and cannot be a substitut for the self
QUALITIES OF RELATIONS

constructive

• We = I + You
• equivalence
• win-win-situation
• genuine interest for the other person
• Mainly empathy and love
• it is possible to be authentic
• it is possible to dissolve the relationship

destructive

• We = I = You
• dominance and submission
• win-lose-situation
• relation in order not to be alone
• Mainly anxieties, rage and aggressions
• one only plays roles
• it is forbidden to dissolve the relationship
RELATIONS AND BONDING

• Only a few of our relations are bonding relationships
• Bonding relations touch on our deepest emotions and needs and claim to be exclusive
• They come into existence unconsciously
• They are long lasting
• They can be dissolved only if we go into contact with our deepest emotions
• We transfer our early experiences with bonding relations unconsciously to our later relationships
ESPECIALLY IMPORTANT RELATIONSHIPS

• Family relations (parents-relation, mother-child, father-child, sibling, grandparents-child, other relatives in relation)

• Couple relations

• Friendships

• Working relations (supervisor-employee, relations between colleagues, teacher-pupil, doctor-patient, therapist-client)
BASIC EMOTIONS IN BONDING RELATIONS

- fear
- rage
- love
- happiness
- mourning/sadness
- guilt
- shame
- pride
- pain
- disgust
EVERY TYPE OF RELATIONSHIP

• Offers a chance for love
• Includes the risk to end up in a victim-perpetrator-dynamic
WHAT MAKES RELATIONSHIPS DESTRUCTIVE IS TRAUMA
Splits in the psychic structure after traumatizing experiences

- Traumatised parts
- Surviving parts
- Healthy parts
TRAUMA AND RELATIONSHIPS

• Traumas split the psyche of a person and establish permanent conflicts between the different psychic structures
• Trauma-Surviving-Structures are blocking deep emotions
• Relationships are abused as trauma surviving strategies
• But: Relationships with other persons can not heal my traumatized psyche
HEALTHY OR ENTANGLED RELATIONS?

Person A

Person B

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WHAT „LOVE“ MEANS

• Having desires to be loved
• Developing the capacities to love
„LOVE IS AN ART TO TRANSFER EMOTIONS OF LOVE INTO A LOVING BEHAVIOR WITHOUT THE NEED TO GIVE UP ONESELF.“ (JESPER JUUL 2013, S. 76)

Love means to combine your own benefit with the benefits for others in a meaningful and satisfying way.
DESIRE TO BE LOVED CONSISTS FROM

• Symbiotic desires and
• Desires for automomy
SYMBIOTIC NEEDS

- Being nurtured
- Getting warmth
- Getting body contact
- Being hold
- Being seen
- Being understood
- Getting support
- Belonging to somebody
- Being welcomed
DESIRE FOR AUTONOMY

- Having my own perceptions, feelings and thoughts
- Having hold in myself
- Doing things myself
- Making own decisions
- Taking responsibility for myself
- Being and acting independently
- Feeling and being free
- ...
THE CAPACITY TO LOVE MEANS

• To fullfill the symbiotic needs of another person depending on his age
• Supporting her autonomy with respect to her age
FALLING IN LOVE

- Intense feelings of affection, intense longing for this feelings to be answered
- Butterflies in the belly, heartbeating, soft knees
- Obsessive thinking about the beloved person, permanent fear of being rejected, depressivness, horrible dreams, low self-esteem, bad mood
- Narrowed consciousness, perceiving the loved person much more positive than she really is
- Still no trust in the other person, no openness and sincerity, no readiness to take over responsibility for the other person
- Increased willingness to have sexual intercourse
- Increased willingness for monogamy
- Falling in love lasts between seven months and some years
CHARACTERISTICS OF THE SURVIVAL STRATEGIES IN THE „TRAUMA OF LOVE“

- Struggling with the parents to get their love
- Idealising mother and father
- Identifying with the survival strategies of the parents
- Wanting to rescue the parents
- Merging with the traumatised parts of parents or grandparents, mixing up with the trauma of the former generations
- Denying one’s own trauma
ILLUSIONS OF LOVE

- I can love whom- and whatever I want!
- If my love is strong enough, the beloved person will also love me
- All parents love their children
- Being loved can be achieved by pressure or money
- I can save another person by loving him/her
- Love heals all wounds
- Love is forever
- ...

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Immediately stop to follow me!

But .. I love you.
HEALTHY COUPLE RELATIONS

• Being different but equivalent
• Having common interests and goals
• Equal contributions for living together
• Openness for the constant development of the partner
• Partners are able to understand and change their own dysfunctional patterns from childhood
• If necessary separation with mutual agreement
SICKENING COUPLE RELATIONS

• Trying to possess the partner
• Idealisation of the partner
• Dominance and submission
• Lack of common interests, goals and values
• Financial dependency, emotional exploitation
• Insisting on the status quo
• Repeating continuously dysfunctional patterns from childhood
• Separation ends up as a tragedy

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22.04.2015
HEALTHY PARENTS RELATIONS

• Both partners want (all) their children
• They can enjoy the development of their children
• Fairplay in dealing with the household, the education of the children and the income
• Children do not have to pay the cost of parship conflicts
• Mutual sexual attraction remains
SICKENING PARENTS RELATIONS

- Mother and/or father do not fulfill their duties as parents
- Children are neglected or given very early away to of-home care
- Children are objects of dispute between their parents
- Relation with a child ranks higher than the relation to the partner
- Being sexual dishonest
- Permanent conflicts in behalf of household, education of children and income
HEALTHY FATHER-CHILD RELATIONS

• Fathers start to make contact with the child already during pregnancy
• Fathers are engaged in caring for the baby
• Fathers love their children
• They play with them
• They offer them safety, hold and orientation
• The child can see his father with his own eyes not through the eyes of his mother
SICKENING FATHER-CHILD-RELATIONS

• Father ignores and rejects the child
• Father competes with the child
• Father exploits the child emotionally and sexually
• Child takes side with the mother against the father
• Child tries to rescue a weak father
HEALTHY WORKING RELATIONS

• Responsibilities and hierarchies are clear
• There is a fair and transparent sharing of incomes
• Parent/family relations, couple relations or friendships are not mixed up with working relations
SICKENING WORKING RELATIONS

- Include emotional and financial exploitation
- Create situations of mobbing
- Tolerate discriminations (in behalf of age, sex, nationality, religion, illnesses and disabilities)
WHAT CAN WE DO TO GAIN HEALTHY REALTIONS?

• Taking our own traumas serious
• Integrating the splits in our psyche
• Moving forward with the help of „Constellations of the Sentence of Intention“ step by step
• Becoming fully oneself/I
• Investing no longer life energy in destructive relations
• Enjoying healthy love relations
LITERATURE
