



# HEALTHY RELATIONSHIPS

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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 relationships
- 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

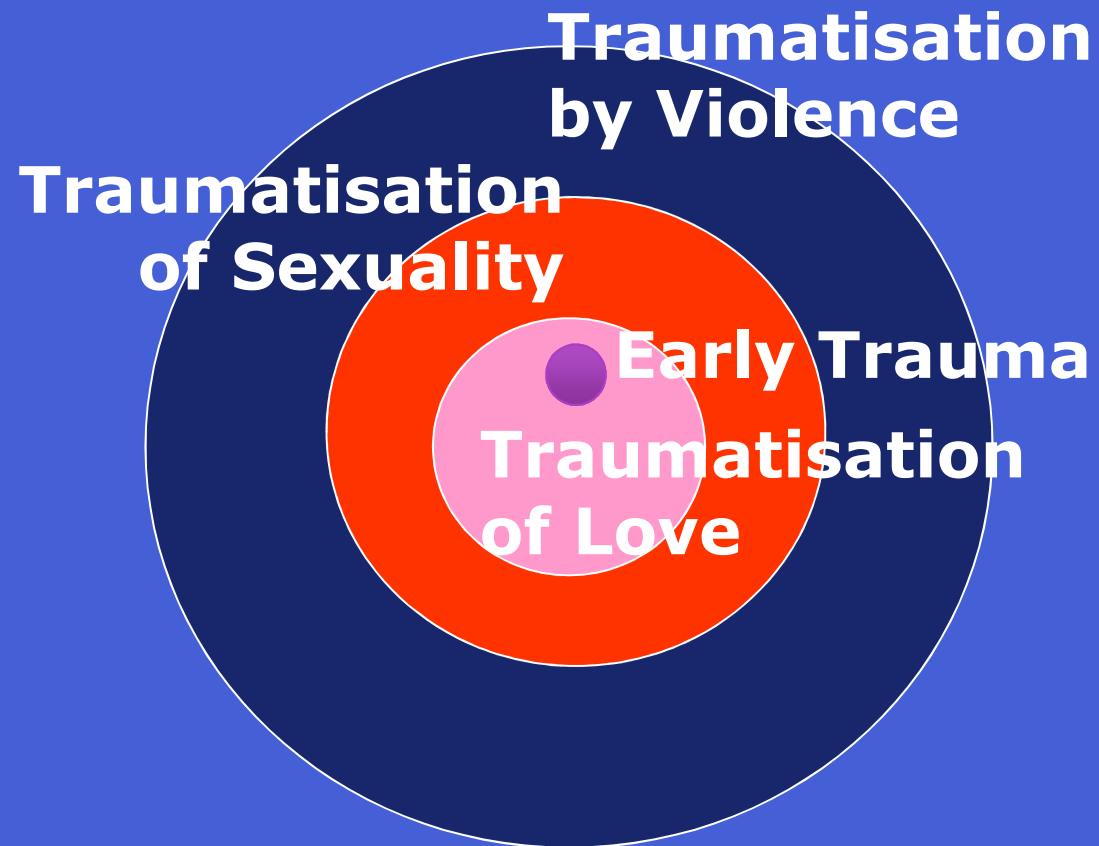
- fear
- rage
- love
- happiness
- mourning/sadness
- guilt
- shame
- pride
- pain
- disgust

# EVERY TYPE OF RELATIONSHIP

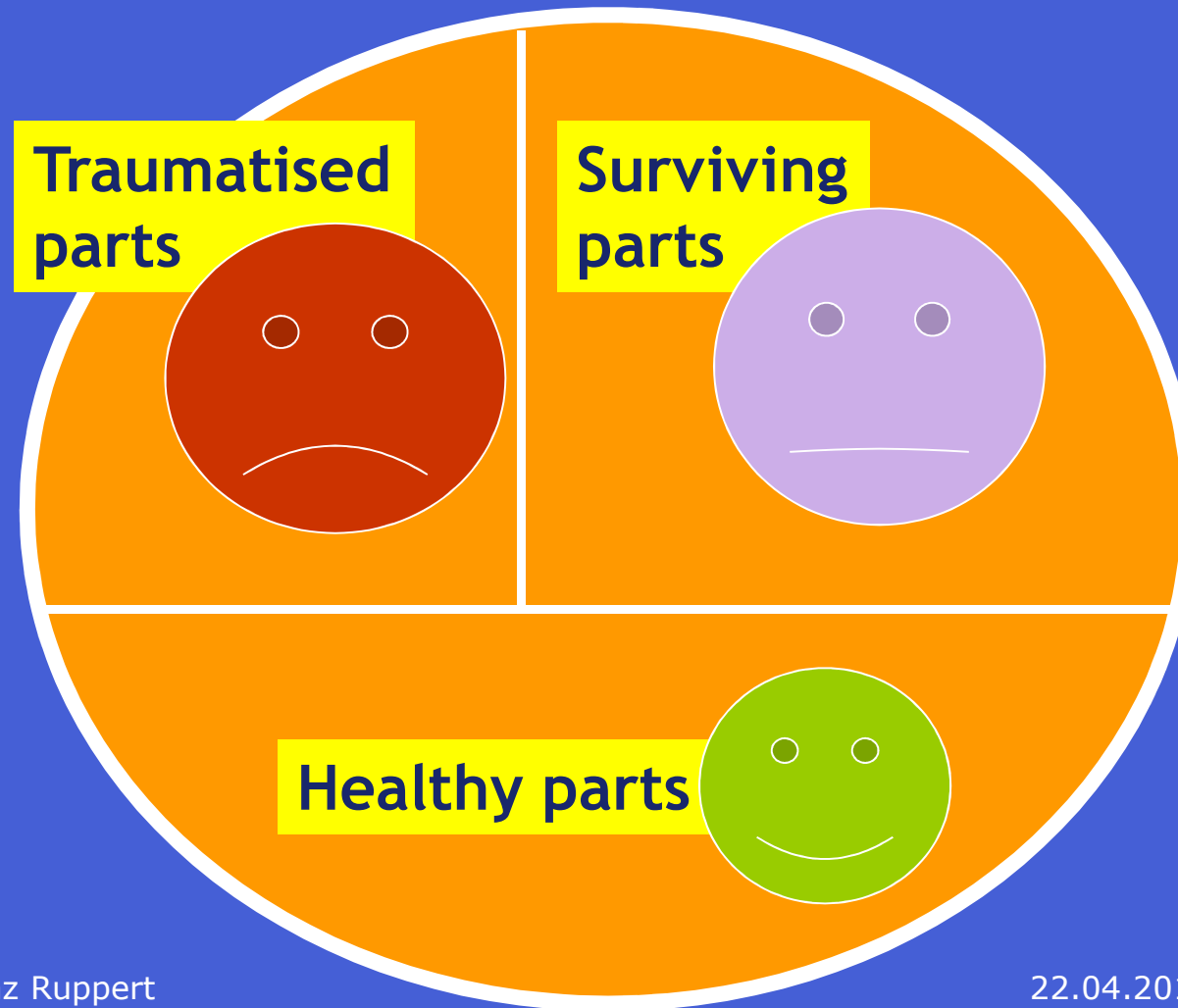
- Offers a chance for love
- Includes the risk to end up in a victim-perpetrator-dynamic



# WHAT MAKES RELATIONSHIPS DESTRUCTIVE IS TRAUMA



# Splits in the psychic structure after traumatizing experiences



# 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



HP/HP	HP/SP	HP/TP
HP/SP	SP/SP	SP/TP
HP/TP	SP/TP	TP/TP

# 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.

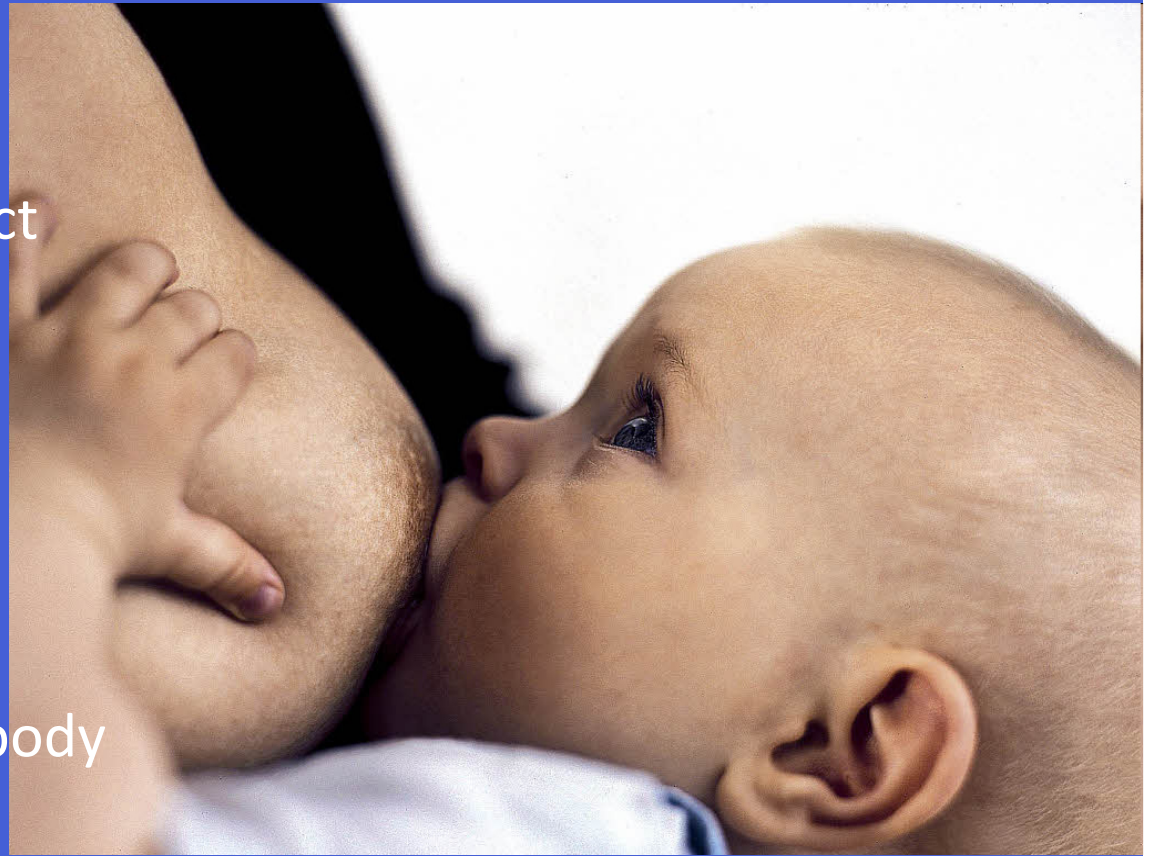
# DESIRES TO BE LOVED CONSISTS FROM

- Symbiotic desires and
- Desires for autonomy



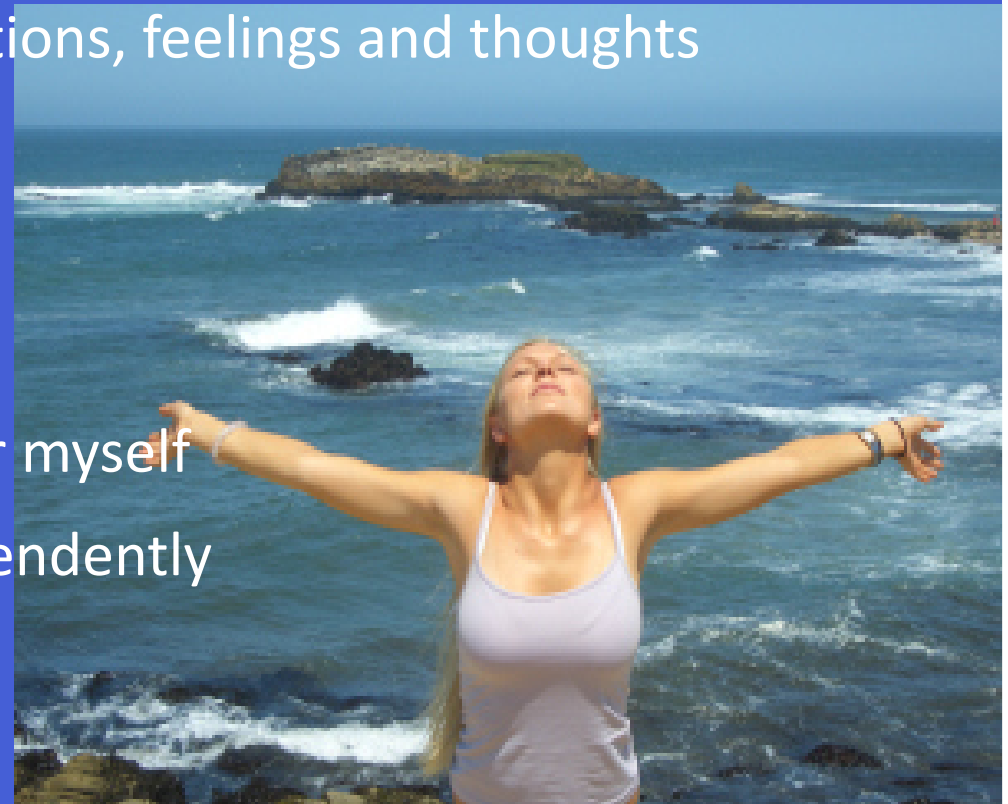
# SYMBIOTIC NEEDS

- ❖ Being nurtured
- ❖ Getting warmth
- ❖ Getting body contact
- ❖ Being hold
- ❖ Being seen
- ❖ Being understood
- ❖ Getting support
- ❖ Belonging to somebody
- ❖ Being welcomed



# DESIRES FOR AUTONOMY

- ❖ Having my own perceptions, feelings and thoughts
- ❖ Having hold in myself
- ❖ Doing things myself
- ❖ Making own decisons
- ❖ Taking responsibility for myself
- ❖ Being and acting independently
- ❖ Feeling and being free
- ❖ ...



# THE CAPACITY TO LOVE MEANS

- To fulfill 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 these feelings to be answered
- Butterflies in the belly, heartbeating, soft knees
- Obsessive thinking about the beloved person, permanent fear of being rejected, depressiveness, 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
- ...

Immediately stop to follow me!

HÖREN SIE  
SOFORT AUF,  
MIR NACHZULAUFEN.

But .. I love you.

ABER...  
ICH LIEBE SIE.



WWW.NICHTLUSTIG.DE

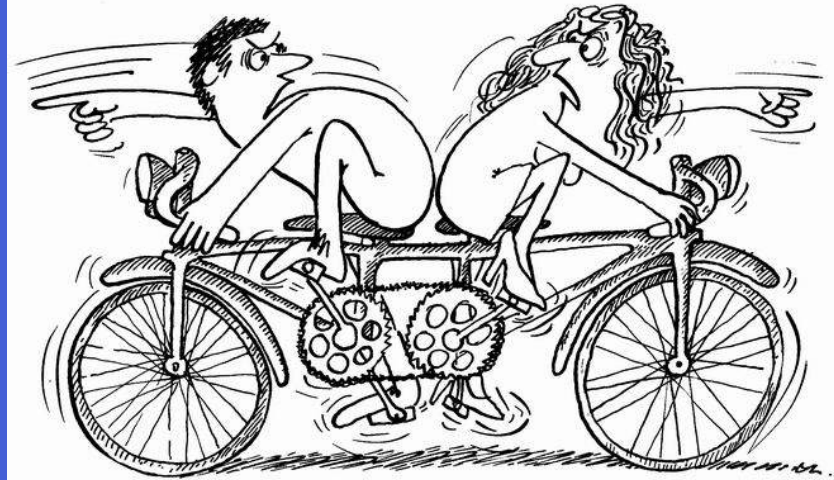
# HEALTHY COUPLE RELATIONS

- 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



# 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 conficts
- 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

- Juul, J. (2013). Mann und Vater sein. München: Kreuz Verlag.
- Ruppert, F. (2015). Trauma, love & fear. Steyning: Green ballon publishing.