



Love or Stress?

Constructive or Destructive Relationships

Singapore, 13th of February 2016

www.franz-ruppert.de

Agenda

- Why are relationships important for us?
- Relationships and Bonding relations
- Relationships and Trauma
- What means „healthy“ love?
- What are Illusions of love?
- Examples of healthy and sickening relationships
- What can we do to gain healthy relationships?

The importance of Relationships

- Our relationships are the main source for our well-being as well as for our 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



Qualities of relationships



constructive

- We = I + You
- equivalence
- win-win-situation
- genuine interest
for the other person
- Mainly warmth,
empathy and support = **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 = **stress!**
- one only plays roles
- it is forbidden to dissolve
the relationship



Relationships are an
addition to
and cannot be a
substitut for
our true self.

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)

Relations and Bonding

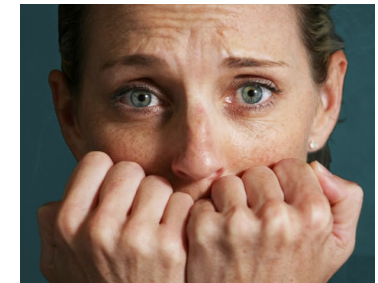
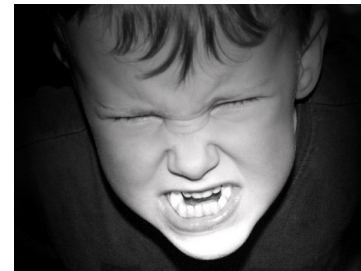
- Only a few of our relations are bonding relationships
- Bonding relations touch on our deepest emotions and needs and are exclusive
- They come into existence unconsciously
- They are long lasting
- They can be dissolved only if we go into contact with our deepest emotions
- We transfer our early experiences with bonding relations unconsciously to our later relationships
- What we experience as children with our parents we repeat as youngsters and adults with others



Basic Emotions in Bonding relations



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



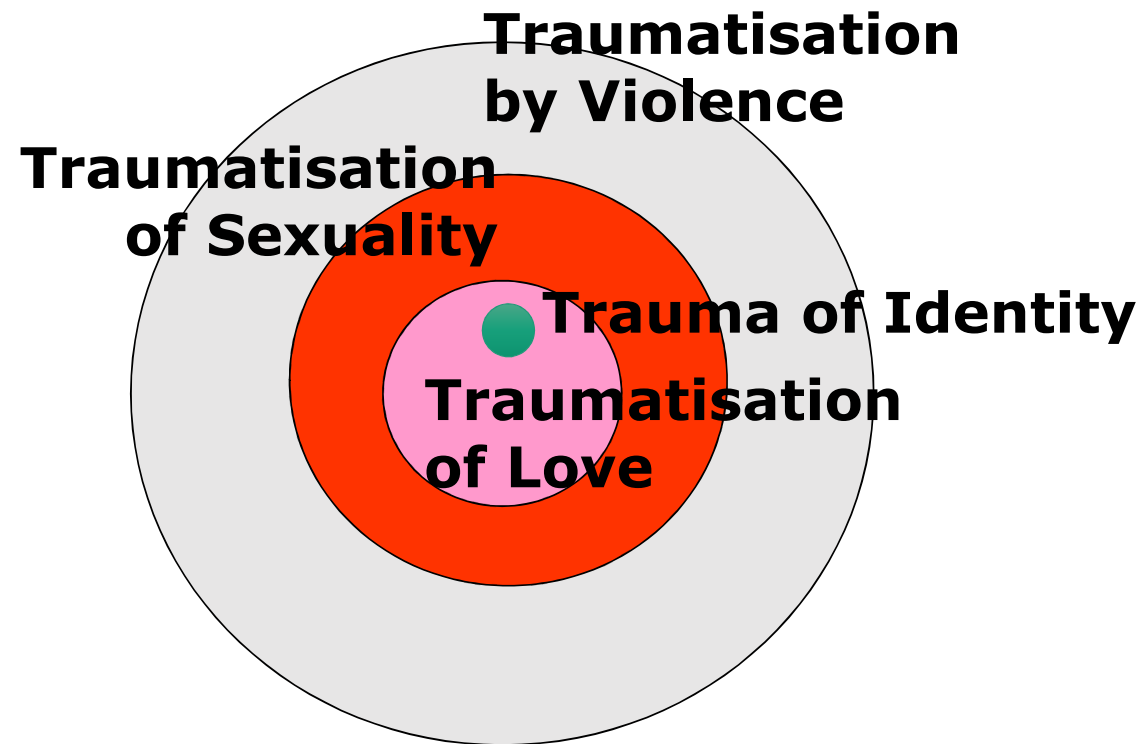
Every type of relationship

- Offers a chance for **love**
- Includes the risk to end up in a **stressfull** and even **traumatising** victim-perpetrator-dynamic

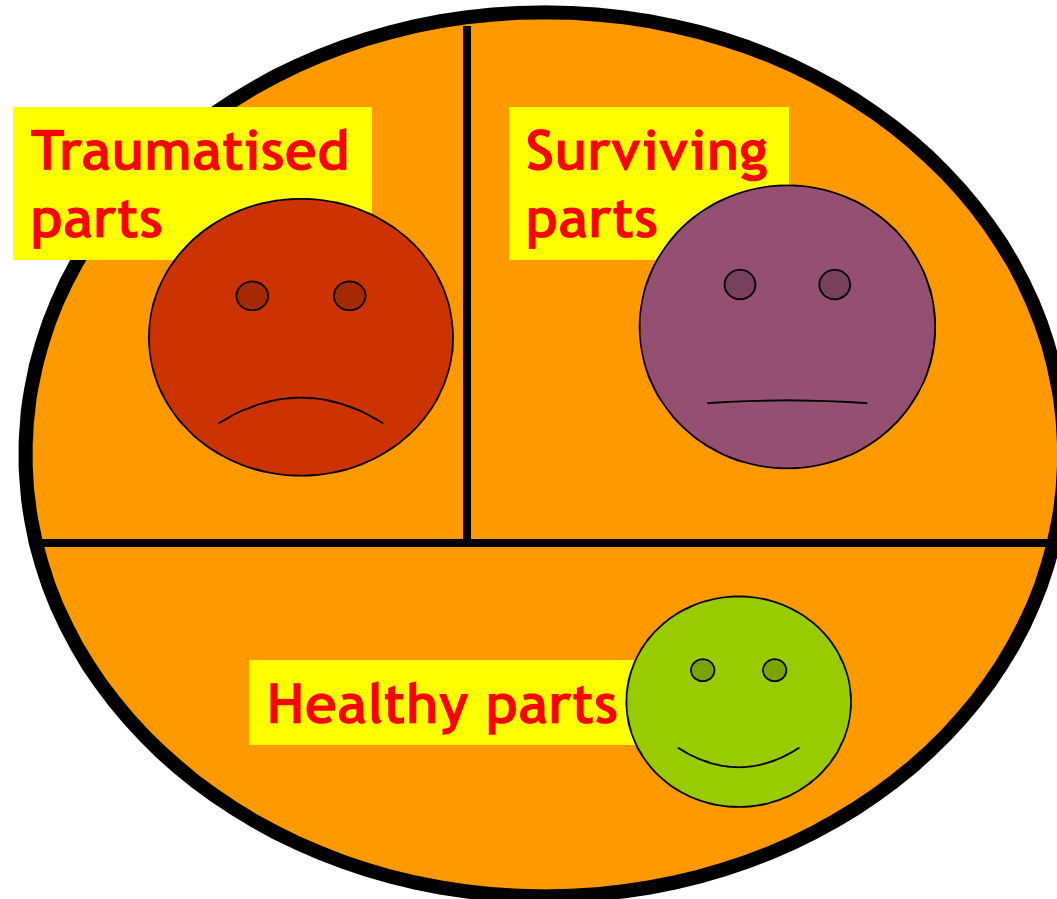


What makes
relationships
really
destructive is

trauma



Splits in the structure of a human psyche after traumatizing experiences

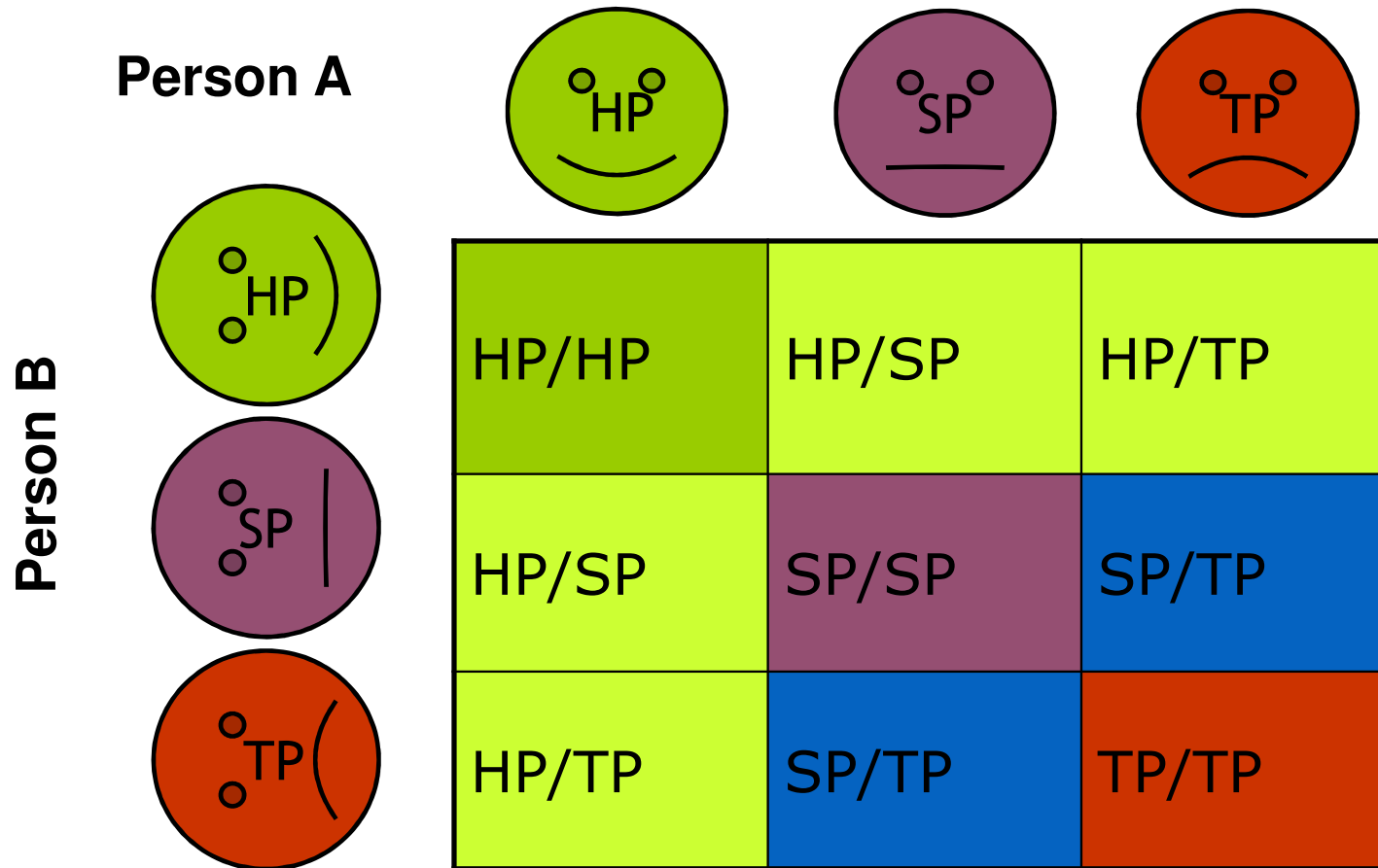


Trauma and Relationships

- Traumas split the psyche of a human being and establish permanent conflicts between the different structures of his psyche
- Trauma-Surviving-Structures are blocking deep emotions and keeping a permanent state of **toxic stress** in the brain
- Relationships then are abused as distractions and trauma surviving strategies
- It is difficult to have access to the healthy parts of the psyche and **to love** and empathy



Healthy or entangled relations?



Relationships
with others
can not
heal my
traumatized
psyche.

What „Love“ Means

- Having desires to be loved
- Developing the capacities to love



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„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
- ❖ Own 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



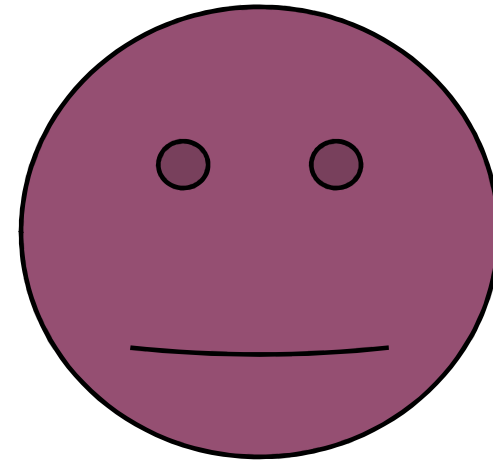
Falling in Love

- Intense feelings of affection, intense longing for this 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 month 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
- Love can be forced by violence
- ...



Immediately stop to follow me!

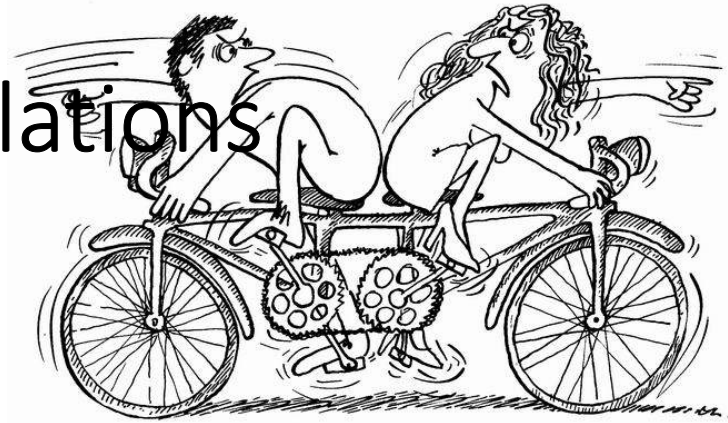
But .. I love you.

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

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 between the man and the woman



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



What can we do to gain healthy **love** relations?

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





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Invitation

- 3rd International Congress „Love, Trauma and I“
- 21.-23. October 2016 in Munich
- Basics of an Identity oriented Psychotraumtheory and –therapy
- www.healthy-autonomy.de



Pablo Picasso „Portrait of Dora Mar
© Sucession Picasso/VG Bild-Kunst, Bonn
2015

Literature

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