

Reliable Membership

1) All humans require reliable, sufficient and not excessive, contact with other humans.
 Note: This is an absolute biological, genetic requirement for children under 7 years of age. It is a powerful drive after that age. Humans are designed to live together. Humans can live alone, but in a degraded condition. Probably 80% of all couples struggle with this issue.

2) Some received Unreliable or Insufficient Contact.

This causes PANIC!!
 To survive, these children develop CLINGING skills. When they can walk, the develop PURSUING skills. These same skills, driven by PANIC, are frequent in these children when grown up.

Reactive Behavior
 In Panic these people move toward their partner, ask questions, follow, push toward, talk at, and in general become invasive.

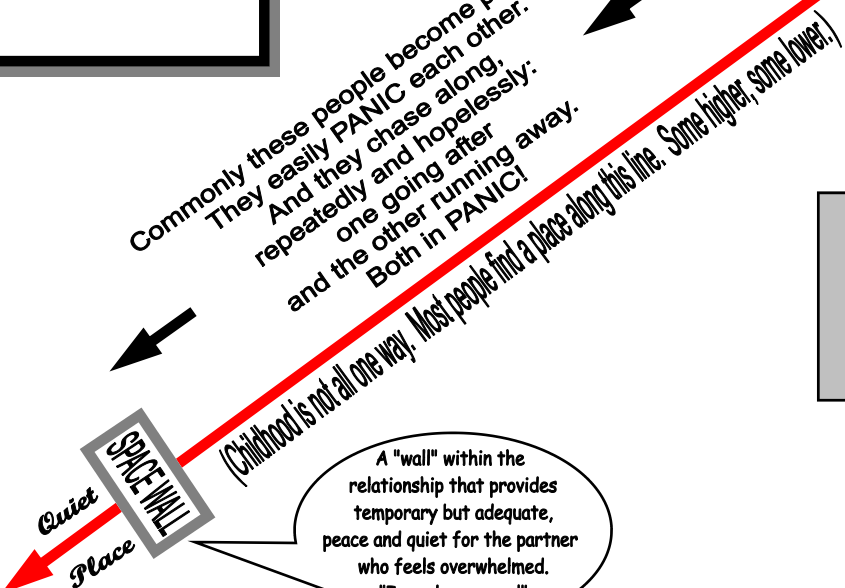
Symptom
 You often think of and fear your partner leaving forever.

Solution: Learning to enthusiastically create, and support your partner's need for, the SPACE WALL will reduce their need to move toward the LEAVING wall. Give them the benefit of leaving while they are with you. Learn to be happy when on your own and learn to switch to the on-your-own mode quickly.

Focus
 Partner's evasiveness, withdrawal. Dreams of safe togetherness.

GOOD NEWS
 You can live with the SPACE WALL.
BAD NEWS
 Your partner cannot live without it!
 Without a strong SPACEWALL, they have to use the LEAVING WALL.

Commonly these people become partners. They easily PANIC each other. And they chase along, repeatedly and hopelessly: one going after and the other running away. Both in PANIC!



Solution: Learning to more and more gently demand the SPACE WALL You need it. Tend your partner's need for reliability by showing that the SPACE WALL is not the LEAVING WALL. Let there be spaces in your togetherness.

Reactive Behavior
 In Panic these people move away from their partner, are quiet, self-contained, elusive, non-talkative, and in general, cold.

3) Others received Excessive or Unpleasant Contact.

This causes PANIC!!
 To survive, these children develop AVOIDING skills. When they can walk, the develop ISOLATING skills. These same skills, driven by PANIC, are frequent in these children when grown up.

Symptom
 Mind goes blank when your partner talks, asks, or moves toward you.

Focus
 Partner's invasiveness, attacking, pushing. Dreams of peace and quiet.

GOOD NEWS
 You get the quiet space you need.
BAD NEWS
 You have to develop relationship responsibility. You can't blame your partner for this trouble.