

THE TWO WALLS

1) All humans require reliable, sufficient and not excessive, contact with other humans. This is an absolute biological, genetic requirement for children under 7 years of age. It is nice after that age. Older humans can live alone, but in a degraded condition. Hermits are not born.

2) Some received Unreliable or Insufficient Contact.

This causes PANIC!!
To survive, these children develop CLINGING skills. When they can walk, they 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 think of, fear, your partner leaving forever, all the time.

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 to-

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!

Childhood is not all one way. Most people find a place along this line. Some higher, some lower. Also people can switch sides. Dynamics remain the same.

A "wall" within the relationship that provides intermittent, temporary but adequate, peace and quiet for the partner who feels overwhelmed. "I need my space!"

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

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

3) Others received Excessive or Unpleasant Contact.

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

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

Focus
Partner's invasiveness, attacking, pushing. Dreams of 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.