

Re-Arming Cupid: a strategy to re-establish or deepen connection

**Presented By
John Goll, LMFT**

Introduction

“Happily Ever After” (aka: “Poisoned by these fairytales”)

False expectations for relationships
21st century demands on relationships
A challenge to beat the odds

How We Are Different

Mars vs Venus

Men want to fix things. Women want to be heard.
(AND, women usually want men to change.)

*“Women marry men hoping they will change. They don’t.
Men marry women hoping they will not change. They do.”*

---- Bettin Arndt

A man’s deepest fear is that he is incompetent or not good enough.
A woman’s deepest fear is that she will be abandoned.

Who Owns Your Relationship?

Career?
Children?
Family?
Social demands/expectations?

Appreciation

A crucial first step
Spoken, specific, frequent
Don’t keep score

Respond as to a friend, not an enemy

Listen deeper
Let go of defense
Assume love, not attack

Empower your relationship

“What can I do for you that will make it easier for you to give me what I want?”
-Terrence Real

Build resilience

Get Support
 Friends
 Professionals
 Faith
Refuel regularly – self and couple

Questions to Consider:

How were my early hopes or expectations for my relationship different from what it has become today?

Where did I get those expectations or hopes?

What do I appreciate in my partner that I have not told him/her about recently?

What keeps me from telling my partner?

Who or what owns, or threatens to own, our relationship?

What is there about my partner that I want more of?

What is there about me that my partner wants more of?

How do my partner and I deal with conflict?

If there was one thing in our relationship I could make different, what would it be?

If I chose to, what is one specific step I could take toward making that change?