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Nota di contenuto	Intro -- MY LOVING RELATIONSHIPS -- MY LOVING RELATIONSHIPS -- DEDICATION -- CONTENTS -- LIST OF FIGURES -- ACKNOWLEDGEMENTS -- PROLOGUE -- ABOUT THIS BOOK -- A COMPANION BOOK -- SOME CRITICAL A PRIORI PHILOSOPHICAL ASSUMPTIONS -- A BIBLIOTHERAPEUTIC APPROACH -- THE ROAD AHEAD -- SELF ANALYSIS -- THE IMPORTANCE OF ME -- WHAT I AM AND WHO I AM -- PHYSIOLOGICAL AND EMOTIONAL CONSIDERATIONS -- SELF-INFLATION -- PHYSICAL ATTRIBUTES AND ATTRACTIVENESS -- MULTI-TRACKERS AND UNI-TRACKERS -- HIGH-MAINTENANCE AND LOW-MAINTENANCE PEOPLE -- PURSUERS AND DISTANCERS -- ME AND YOU - SELF AND YOU -- RELATIONSHIP ANALYSIS -- A HOUSE BUILT ON ONE STILT OR MANY STILTS -- DEPENDENCE AND INDEPENDENCE -- MY NEED FOR SOMEONE IN MY LIFE -- PUBLIC SPACE AND PRIVATE SPACE -- MY NEED TO BE FOUGHT FOR -- DON'T GIVE UP YOU -- RELATIONSHIP PROS AND CONS -- MY PAST -- MOM AND DADS - OUR PRIMARY TEACHERS -- LEARNED INTERPERSONAL NEEDS -- PAST PEOPLE, CHARACTERISTICS, AND RELATIONSHIPS -- SECRETS -- ONLY-CHILD ISSUES -- BEHAVIOR ANALYSIS -- IMPORTANCE OF CONSISTENCY -- BEHAVIOR AND PERCEPTION -- PERCEPTIONS OF DIFFICULTIES -- AVOIDANT AND ESCAPE BEHAVIOR -- NEGATIVE AND POSITIVE COMPENSATORY BEHAVIOR -- DICHOTOMOUS THINKING -- DICHOTOMOUS THINKING AND EMOTIONS -- HOW WE SPEND OUR TIME

-- BOUNDARY SETTING AND EXPECTATIONS -- PEOPLE ARE EITHER "GOOD" OR "BAD" -- ALL OR NOTHING RELATIONSHIPS -- FEELINGS AND EMOTIONS -- EMOTIONAL INTELLIGENCE -- ANALYZE AND TARGET YOUR FEELINGS AND ACTIONS -- MY FEELINGS ABOUT US -- CONFRONTING THE FEAR AND PAIN -- WHAT TO DO WITH YOUR FEELINGS -- THE IMPORTANCE OF FEELING "SAFE" -- ANXIETY REDUCTION -- JEALOUSY -- EMOTIONAL SHUTDOWN -- A NEED FOR RESOLUTION AND SERENITY -- PATTERNS AND TRENDS -- LEARNED RESPONSE PATTERNS -- ROLE(S) OF SABOTAGE -- OLD PATTERNS WITH NEW PEOPLE -- POOR COMMUNICATIONS PATTERNS -- PATTERNS ARE LIKE ADDICTIONS.

PARADIGM SHIFTS: A PLACE TO START -- RELATIONSHIP PATTERNS -- THE RELATIONSHIP PARADOX -- DIVORCE AND SEPARATION -- STAGES OF DIVORCE -- SELF-PROTECTION -- SOME DO'S AND DON'T-DO'S -- EFFECTS OF TIME -- ROCKING IN THE COMFORT ZONE -- POST-DIVORCE ANGER -- GUILT AND SHAME -- GUILT AND EXISTENTIAL GUILT -- HEALTHY SHAME AND TOXIC SHAME -- GUILT-BASED AND SHAME-BASED RELATIONSHIPS -- FEARS AND PHOBIAS -- FEAR OF THE UNKNOWN -- FEAR AND ANXIETY -- FEAR OF LOSING ME -- FEAR OF CHANGE -- FEAR OF GROWING UP (AND OUT) -- FEAR OF ABANDONMENT -- FEAR OF INTIMACY -- SHAME-BASED FEAR -- FEAR OF ENDING A RELATIONSHIP -- COMMITMENT PHOBIA -- DEPRESSION -- I DON'T KNOW HOW TO ACT -- ALONE - LONESOME - LONELY -- LONELINESS: IT COULD BE WORSE -- HELPLESSNESS AND HOPELESSNESS -- MIXED DEPRESSION AND SECONDARY DEPRESSION -- GRIEVING -- GRIEVING: A PROCESS -- WHAT ARE YOU GRIEVING? -- GRIEVING CAN SNEAK BACK ON OCCASIONS -- THE STALLS IN YOUR BARN -- HAVE SOMETHING TO TAKE CARE OF -- WHEN A LOVED ONE DIES -- THE LOSS OF A CHILD OR ANOTHER LOVED ONE -- TIME AND TIMING -- TIME: A PRECIOUS COMMODITY -- YOU CAN'T CREATE IT - JUST ALLOCATE IT -- A SENSE OF TIME AND SPACE -- PRIORITIES CHANGE OVER TIME -- THIS MAY NOT BE THE RIGHT TIME -- A LONG-TERM TRADE OFF -- TIME MARCHES ON -- STAYING IN "THE NOW" -- HAPPINESS AND JOY -- YOUR "HAPPINESS POTENTIAL" -- HAPPINESS IN A RELATIONSHIP -- CONTROL YOUR HAPPINESS AND JOY -- HAPPINESS AND ENJOYMENT WITH A SIGNIFICANT-OTHER -- THE A-B-C'S OF HAPPINESS -- YOUR SENSE OF MEANING AND PURPOSE -- THE INTERNET -- A BRIEF HISTORY OF THE INTERNET, ELECTRONIC COMMUNICATIONS AND SOCIAL NETWORKING -- THE GOOD -- THE BAD -- THE UGLY -- RECOMMENDATIONS -- KEY INTERNET DATING TIPS -- SEEING A PROFESSIONAL COUNSELOR, THERAPIST OR FAMILY MEDIATOR -- SEEKING PROFESSIONAL HELP -- WHAT ARE YOUR GOALS -- ONE THERAPIST, ONE CLIENT.

WANTS AND WILLINGNESSES -- WILLINGNESS TO WORK -- BE YOUR BEST TO GIVE YOUR BEST -- REAL VERSUS SOCIAL RECOVERY -- WHAT ARE MY/OUR OPTIONS? -- HOW A PROFESSIONAL COUNSELOR, THERAPIST OR FAMILY MEDIATOR CAN BE HELPFUL TO YOU -- RESPONSIBILITY: CAUSE CURE -- PAST FUTURE -- APPRECIATION AND UNDERSTANDING -- I COULD DO - YOU COULD DO -- ANALYZE THE LOVE IN YOUR RELATIONSHIP -- STRUCTURE YOUR SCHEDULE, INCLUDING TIME FOR PSYCHOLOGICAL VACATIONS -- MEDIATION AS AN ALTERNATIVE TO COUNSELING AND THERAPY -- BENEFITS OF SUPPORT GROUPS -- SOME SUGGESTIONS ABOUT GETTING HELP FROM A PROFESSIONAL -- WE HELP YOU HELP YOURSELF -- AVOID QUICK-FIX TEMPTATIONS -- AVOID SUBCONSCIOUS SABOTAGE -- THE PARALYSIS OF ANALYSIS -- STAY FOCUSED ON THE PRESENT -- STAGES OF CHANGE EFFORTS -- PROGRESS MAY BE SLOW AND GRADUAL -- REALISTIC EXPECTATIONS: BEHAVIOR AND EMOTIONS -- DON'T

EXPECT IMMEDIATE RESULTS -- THE DOWNSIDE OF AN UPSWING --
WHEN TO COME BACK -- EPILOGUE REFLECTIONS AND DOORKNOB
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-- Untitled.
