

1. Record Nr.	UNINA9910962384403321
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Titolo	Our loving relationship // William G. Emener and William A. Lambos
Pubbl/distr/stampa	New York, : Nova Science Publishers, c2009
ISBN	1-61668-121-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (338 p.)
Altri autori (Persone)	LambosWilliam A
Disciplina	616.89/1562
Soggetti	Marital psychotherapy Family psychotherapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Intro -- OUR LOVING RELATIONSHIP -- OUR LOVING RELATIONSHIP -- DEDICATION -- CONTENTS -- LIST OF FIGURES -- ACKNOWLEDGEMENTS -- PROLOGUE -- ABOUT THIS BOOK -- A COMPANION BOOK -- SOME CRITICAL ASSUMPTIONS -- A BIBLIOTHERAPEUTIC APPROACH -- THE ROAD AHEAD -- Chapter One LOVE -- TYPES OF LOVE -- THIS IS YOUR BRAIN ON LOVE -- DIFFERENCES BETWEEN LOVE AND... -- DON'T CONFUSE LOVE WITH... -- LOVE TRIANGLE -- UNCONDITIONAL LOVE -- Chapter Two LOVING -- BEING LOVED AND FEELING LOVED -- LOVING ROLES WE PLAY -- A TRIPLE-A RATING -- MY NEED TO FEEL SPECIAL -- THE LITTLE CHILD WITHIN US -- LITTLE THINGS MEAN A LOT -- FORGETTING AND FORGIVING -- Chapter Three OUR PASTS -- YOUR INDIVIDUAL PASTS -- YOUR RELATIONSHIP'S PAST, PRESENT AND FUTURES -- THE INTERACTION EFFECT OF YOUR PASTS -- DYSFUNCTIONAL RELATIONSHIPS AND LIVING PARALLEL LIVES -- RECYCLING ONE'S ABUSIVE RELATIONSHIP HISTORY -- Chapter Four RELATIONSHIP ANALYSIS -- A BEST INDICATION -- SIGNS OF DECAY -- OUR RELATIONSHIP -- QUESTIONS WE ASK OURSELVES -- TARGETS OF OUR ATTENTION -- SITUATIONAL ISSUES AND RELATIONSHIP ISSUES -- CHARACTERISTICS OF AN IDEAL RELATIONSHIP -- GOOD AND BAD TIMES -- CAPACITIES AND POTENTIALS -- WHAT YOU WANT AND WHAT HE/SHE NEEDS -- UNDERSTANDING YOUR DANCE -- RELATIONSHIP POTENTIALS -- QUESTIONS TO ASK -- NURSE-PATIENT RELATIONSHIPS -- THE LIGHTNING ROD IN A RELATIONSHIP -- LEVELS

OF A RELATIONSHIP -- THE PIECES OF MY LIFE YOU WANT -- Chapter Five CONGRUENCE AND BALANCE -- THE A, B, C'S OF LOVING RELATIONSHIPS -- LINKAGES: FEELINGS, THOUGHTS AND ACTIONS -- BALANCE -- NEW EXPERIENCES - OLD FEELINGS -- WHAT I WANT YOU TO SEE -- THINK IT, FEEL IT, AND DO IT -- Chapter Six OUTSIDE FACTORS AND FEATURES -- PRIMARY-IMMEDIATE FAMILY -- BLENDED FAMILIES -- CHILDREN -- DISTANCE -- A DISABILITY -- OTHER OUTSIDE FACTORS -- Chapter Seven OTHER PEOPLE. A THIRD PERSON IN A TWO-SEATER -- THE TRANSITION PERSON -- THE AFFAIR PERSON -- THE MAINTENANCE PERSON -- Chapter Eight NEEDS AND WANTS -- DIFFERENCES BETWEEN NEEDS AND WANTS -- MEETING MY NEEDS AND WANTS -- MATCHING OUR ROLES WITH OUR NEEDS -- SIMILAR WANTS AND NEEDS -- IN OR OUTSIDE THE RELATIONSHIP -- OVER-ESTIMATING OUR EXPECTATIONS OF EACH OTHER -- LIMITED ASSUMPTIONS -- LOGICAL CONSEQUENCES -- Chapter Nine EXPECTATIONS AND DEPENDENCE -- WHAT ARE YOUR EXPECTATIONS -- LET OTHERS KNOW WHAT YOU EXPECT -- SOCIAL SANCTIONING -- CO-, IN-, AND INTER-DEPENDENCE -- Chapter Ten BOUNDARIES AND CONTROL -- VALUES: FOUNDATIONS FOR BOUNDARIES -- NEGOTIATING BOUNDARIES AND LIMITS -- ONLY ONE "SHOULD" -- FUNCTIONAL AND DYSFUNCTIONAL CONTROLS -- ACTIVE AND PASSIVE CONTROL -- PERCEIVED CONTROL -- INTERNAL AND EXTERNAL CONTROL -- Chapter Eleven LIFESTYLES -- INDIVIDUAL LIFESTYLES AND RELATIONSHIP LIFESTYLES -- FUNCTIONAL AND DYSFUNCTIONAL LIFESTYLES -- CONTROL YOUR RELATIONSHIP LIFESTYLE -- COMMUNICATION STYLES -- LIVING A LIE -- Chapter Twelve MONETARY AND EQUITY ISSUES -- MONEY -- VALUES AND ATTITUDES -- WORTH AND MEANING -- EQUITABLE EQUITY -- MONETARY AND EQUITY ISSUES THAT COUPLES IN LONG-TERM RELATIONSHIPS NEED TO PAY ATTENTION TO -- Chapter Thirteen PROBLEMS -- SOLVABLE PROBLEMS -- UNSOLVABLE PROBLEMS -- MAKING PROBLEMS LESS PROBLEMATIC -- GRIDLOCK -- ABUSE -- SEPARATION -- FIGHTING WELL -- Chapter Fourteen RELATIONSHIP SKILLS -- ESTABLISHING, MAINTAINING AND ENDING SKILLS -- During the Establishing Stage: -- During the Maintenance Stage: -- During the Ending Stage: -- EMPATHY (LISTENING) SKILLS -- IMPORTANCE OF COPING SKILLS -- Chapter Fifteen 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? -- Chapter Sixteen 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 -- Chapter Seventeen 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 ISSUES -- REFLECTIONS -- DOORKNOB ISSUES -- ABOUT THE AUTHORS --

SUBJECT INDEX -- Blank Page.

Sommario/riassunto

The primary focus of this book is on mutual ('us', 'we', and 'me and you') issues pertinent to loving relationships - the couple and their relationship.