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Relationships: From Romance through Conflict

In selecting a partner it is evident that the combined experiences we have with caretakers in childhood forms a picture in our unconscious mind of who we believe is our ideal partner. That unconscious experience or picture is the reason that we could put two people of the opposite sex in a room feel more attraction to one than the other. According to Harville Hendrix "It is the unconscious image that ignites romantic love".

The initial romantic phase allows us to feel euphoric and that we have found our "soul mate". In reality however, we are not only attracted unconsciously to positive characteristics, we are also unconsciously attracted to negative characteristics. It's as if a part of our brain says "I recognize this form of dysfunction". When we go in to real life struggles and the euphoric chemicals in our brain normalize the relationship will transform into a conflict stage. This is normal couple hood.

This is the point in the relationship that couples can grow apart and become parallel; they can learn to problem solve together; they can decide to end the relationship; or they can learn to understand each others past and bring healing and wholeness to one another's present.

When a couple learns to have safety in communication they are able to understand their partners childhood wounding. This understanding and empathy allows us to want to make real changes that will contribute to our partners well being. This becomes a two way gift that brings healing from the past and a deep level of intimacy and energy to a relationship.

Most of us were not taught the skills to have this level of safe communication. If your relationship is struggling don't wait to get help, find a counselor who can teach you specific communication tools to give your relationship true quality.

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