Love, Lust and Limerence;
Helping Clients Learn to Love and Be Loved

A workshop presented on behalf of:

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The Prime Drives

- Survive
- Affiliate
The Prime Fears

These are necessary for the survival of the individual and the species. All other fears are derived from or relate to them. They are:

Fear of Death
Fear of Being Alone
The 5 Categories

- First Order Feelings
- Second Order Feelings
- Transmogrified Feelings
- Complexes
- Status Feelings
First Order Feeling Rules

- Here and Now
- Immediate
- Reasonable Object
- Survival Value
- Project Us Into Our World Productively
- Born with Them or Imprintable
The First Order Feelings Are:
ANGER
SADNESS
GUILT
The First Order Feelings

- Fear
- Anger
- Sadness
- Guilt
Second Order Feelings

- Sometime Seem Like First Order
- Break One or More of the Rules
- Low or No Survival Value
- Unreasonable Object
Some Second Order Feeling Examples

- Anxiety (There and then)
- Depression (No reasonable object)
- Resentment (There and then)
- Shame (Object is self)
- Hatred (Object is another person)
- Phobias (All similar objects in a class)
Transmogrified Feelings

Definition: Transmogrify – To change the appearance or form, esp. grotesquely (Random House Dictionary)

Whenever we change a feeling into another to avoid it we assure the new feeling will be less functional.
Complexes

- Expressions of the total person (thought, feeling, spirit, behavior)
- More faceted than simple feelings
- Not feelings but have feelings elements
- Most common examples include love and grief
Status Feelings

- These are states of being; not feelings that we do.
- When in balance/imbalance or congruence/incongruence
- Found within
- Not the same as pain free
- Examples: Content and Serene
FEELINGS TENETS

Feelings are neither good nor bad
FEELINGS TENETS (cont)

Feelings don’t happen to us
FEELINGS TENETS (cont)

No one can make you do a feeling
FEELINGS TENETS (cont)

Skilled use of feelings is learned
Feelings are an essential part of self.
FEELINGS TENETS (cont)

Emotional management is work
Anger and its ugly cousins

Anger
Resentment
Hatred
Rage
Aggression
Hostility
LOVE is....

A commitment in action
The ability to remain emotionally connected while keeping expectation and assumptions low
The joining of 2 differentiated individuals who agree to cooperate in meeting their individual needs
The victim-villain approach to feelings is antithetical to emotional management.
Treatment Tips

- Adhere to first order rules
- Clear up boundaries starting with intra-personal
- Move from second order to first order
- Make amends to others and self
- Use Cognitive Behavioral Techniques
- Management Language
Emotional Management Guidelines and Strategies

- Feelings Detoxification
- Feeling/behavior Validation
- How do you do your feeling?
- Intrapersonal Boundaries
- Fill the vacuum
- Defer the Feeling
- Move from second order to first order.
- Here and Now
Emotional Management Guidelines and Strategies (cont.)

- Do not retraumatize
- Paradoxical Methods
- New Improved Self
- Mastery Language
- No Hyperbole
- No Euphemisms
The 3 “L’s”

Love
Lust
Limerance
Being Deeply Loved by Someone Gives You Strength
While Loving Someone Gives You Courage

Lao Tzu
LOVE,
LUST,
and
LIMERENCE
The 5 Categories of Feelings

- First Order Feelings
- Second Order Feelings
- Transmogrified Feelings
- Complexes
- Status Feelings
Most Dangerous Feelings for Recovering People

In early recovery:

Anxiety and Depression
Most Dangerous Feelings for Recovering People

In Durable Recovery:

Anger and Love
Why Look at Love?

Many Anger Management Courses and Therapies for Recovering People
Not so Many Love Management Courses and Therapies for Recovering People
Each Feeling (love and anger) When Out of Control Can Lead to Equal Amounts of Misery
Our Clients Confuse the 3 “L’s” When looking for Loving Relationships
Lust
	noun
1. intense sexual desire or appetite.
2. uncontrolled or illicit sexual desire or appetite; lecherousness.
3. a passionate or overmastering desire or craving (usually followed by for): a lust for power.
4. ardent enthusiasm; zest; relish: an enviable lust for life.
5. Obsolete . a. pleasure or delight. b. desire; inclination; wish.
Limerence

Coined c. 1977 by Dorothy Tennov

Limerence is considered as a cognitive and emotional state of being emotionally attached or even obsessed with another person, typically experienced involuntarily and characterized by a strong desire for reciprocation of one's feelings - a near-obsessive form of romantic love.
Limerence Mental Elements

- Intrusive Thinking
- Obsession
- Extreme Joy and/or Despair
- Addictive Behavior
- Fear of Rejection
- Hope for Reciprocation
- Anxiety
- Confusion and Awkwardness
- Stuttering
Limerence Physical Elements

- Heart Palpitations
- Trembling
- Pallor
- Flushing
- Pupil Dilation
- Headaches
- Dizziness
- Loss of Appetite
- Endorphin Spill
And Now...
LOVE
Love; Some Definitions

Commitment in Action
Respectful ability to remain connected while keeping your expectations and assumptions low
“It’s Something That We Do”
It’s a complex not a first order feeling
We Keep Asking “What’s Wrong?”

When our Clients Want to Know What’s Right and How to Get It!
If Love Never Lasts Forever
Tell Me, What’s Forever For?
Some Interesting Ideas, Facts, and Concepts About Healthy Relationships

Hyperbole in communication signals eroding relationship health

Compromise is not conducive to healthy relationships

Neither compatibility nor complementarity assure health in a relationship. The really important “C” is Commitment

Relationships that work are marked by mutual honor and endorsement of each other’s dreams
COMMITMENT
More of the Same

Boys and Girls are different. Men flood, women soothe. Distancer/Pursuer

If you remember where you met your spouse your relationship is in good shape. (men)

Men who express admiration for their wives stay married.

If you roll your eyes when your spouse is talking the relationship is in trouble (women)
More of the Same

Celebrating differences instead of having them be a cause for friction marks healthy relationships.

Random acts of Kindness predict for a happy relationship. No quid pro quo.

In a healthy relationship there must be at least 5 positive transactions for every negative transaction between partners. Need not always be balanced, equal, or “fair.”
Chinese Character for Love
Some Strategic Errors

Confusing the three “L’s”
You First
Treating Love like a first order feeling rather than a complex.
Some Strategies for Enhancing Relationships (based on known facts)

Respect is key to healthy relationships. 3 “C”s exercise. See the definition sheet for definitions of “complaint, criticism, and contempt.” Q-time exercise. Any “I” statement exercise.

Men flood and women soothe, distancer/ pursuer. 50 questions exercise. Make a date.

5 to 1 rule. Guerilla Gifts

Honor Differences Over-Under Functioner

Commitment Love Maps or Anthems