

Change Over Time:

One Couple's Journey from Pain and Avoidance to Finding Love and Hope Again

Episode 2: Stuck in Vagueness and Passivity

Turning Intense Reactivity into Emotional Risk and Individual Accountability

Takeaways for Noelle's Work with Liza and Jess

- 1 Enmeshed partners do not self-define.
They react off each other and don't self-define when they are anxious.
- 2 Lots of challenge necessary. Ask for permission to push them.

Concretize **positive changes**

What do you want to stop doing and what do you want to start doing?

I can smile.



Get independent behaviors from each partner that are steps out from behind their usual self- protection.

Build the awareness that change will take risk – “It is going to take you reinforcing yourself” and start building in internal support for risk-taking

- ✓ Define specifics. Getting there will take different emotional risks from each of you.
- ✓ Define them to each other. Positive intent of new behaviors
- ✓ “You can compliment yourself for steps that you take. I can feel good about me as I take a step forward”

When possible, do experiential re-enactments in the room.

Do it now so that the change is experienced by each partner.