

Change Over Time:

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

Episode 5: Overcoming Boredom and Exhaustion

Using Anxiety for Growth and to Amplify Connection

What is Differentiation?



Differentiation is the active, ongoing process of **defining self, expressing and activating self, revealing self, clarifying boundaries**.



And from managing the anxiety that comes from risking either deeper intimacy and involvement or facing feared separation.



Allows relationships to grow and remain vital over years of being together—keeps freshness, and mystery, and increases teamwork.

Why Differentiation Matters



A strong foundation for ongoing, sustained intimacy comes from **exploring, appreciating and persevering in ongoing differentiation.**

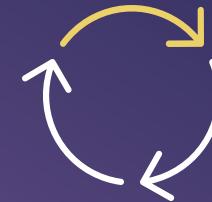


Intimacy is experienced in moments of **deep attachment** and in moments of **clear differentiation** by one or both partners.

Why Differentiation Matters.



Differentiated intimacy is often tension-filled, feels frightening and is frequently avoided –
“The Anxiety Soup”



Progressive levels of openness lead to increasing levels of anxiety / fear and more vitality.



**When partners are anxious
about the emotional risk,
they will shut down and give
up parts of themselves**

For You Their Therapist



Therapist's task is to harness the developmental energy in each partner and the system - **to support progression rather than regression.**

To offer experiences between the two individuals that allow for the unfolding of a powerful developmental process.

A photograph of a couple in a library. A man in a plaid shirt and a woman in a light-colored top are holding hands. The background is filled with bookshelves. The image has a dark, moody overlay.

Individual autonomous change leads to relationship change

This happens when you can get each partner back into their own skin.

“I’m getting trapped inside myself”

For You Their Therapist

Tremendous developmental potential exists through the couple's relationship and how **you involve yourself with the partners.**