Experiencing Nine Types of Couples

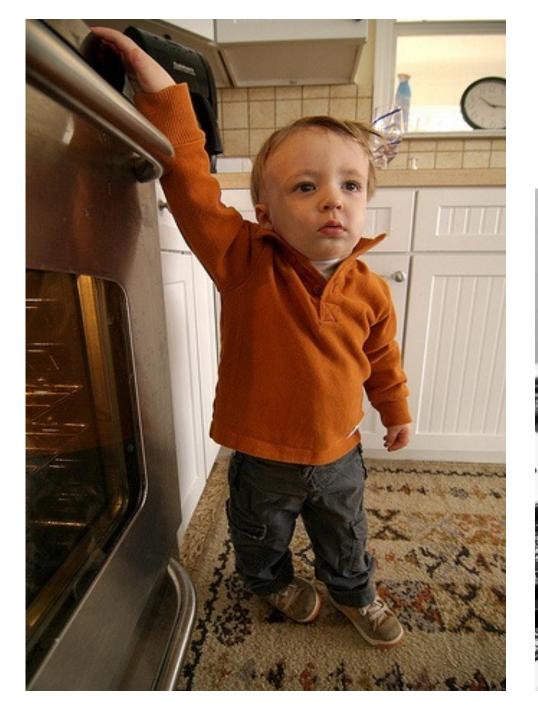
John S. Carpenter

CHINESE PROVERB

"What I hear, I forget.

What I see, I remember.

What I do, I understand."



How do we learn?

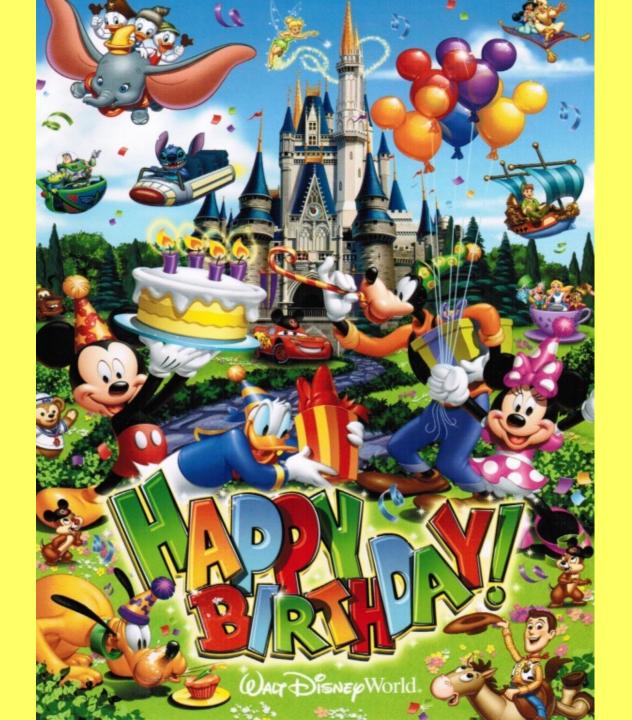
















Vacations







Was it words that we remembered?



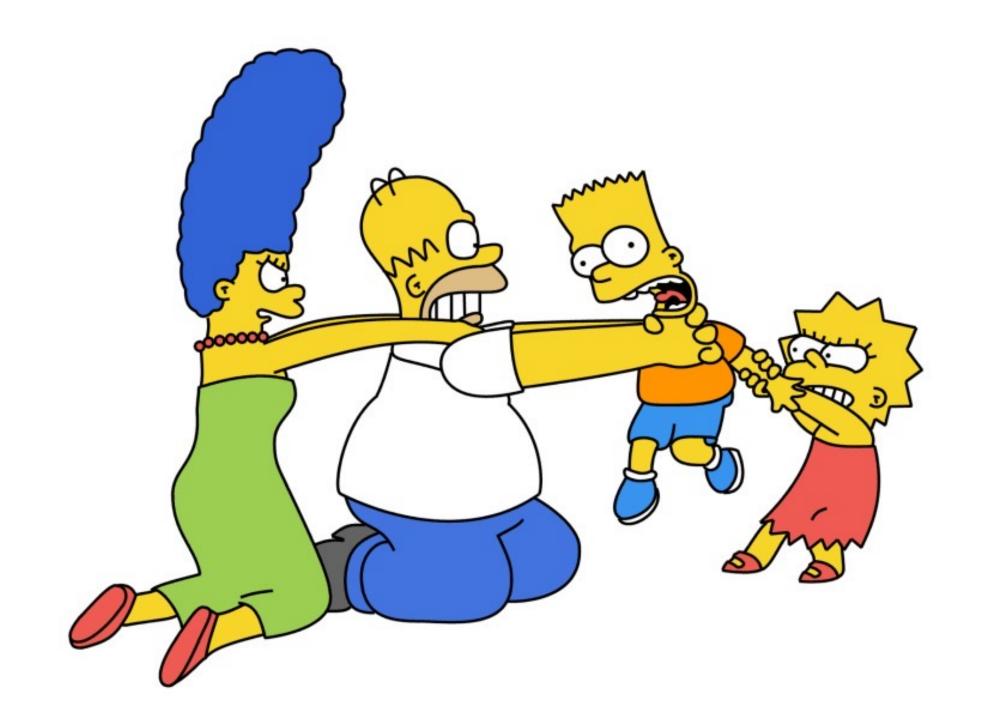






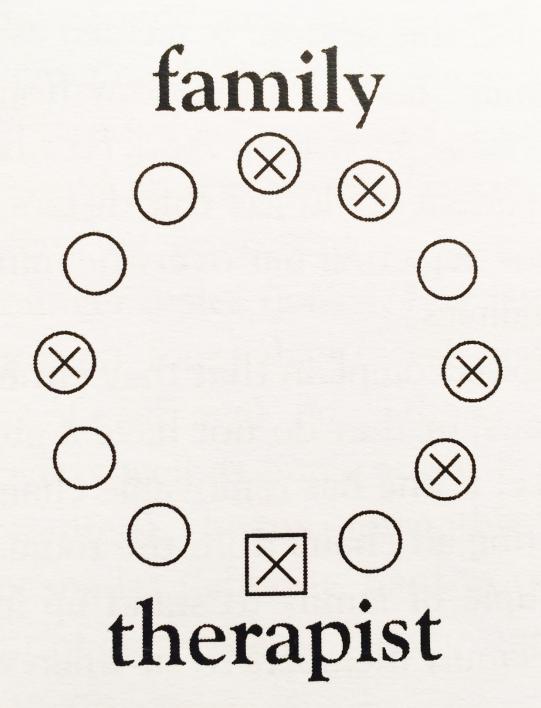






Fami

BIG BRO



Clinical Case Example:

"The Onset of Schizophrenia in a teenager"

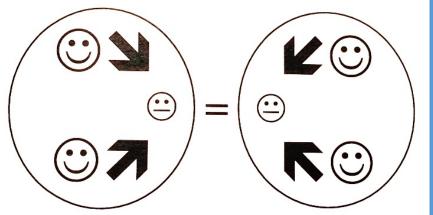


Let's stand up for a moment. Now move to where you feel most comfortable ... Who would you be closest to? Move to where you want to be.

COUPLE #1: "The Family Feud"



Couple #1



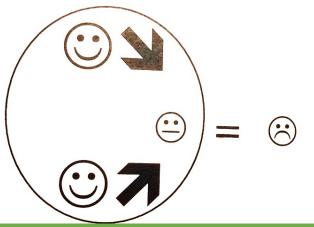
The Family Feud



Couple #2: "Odd Man Out" (Triangulation)



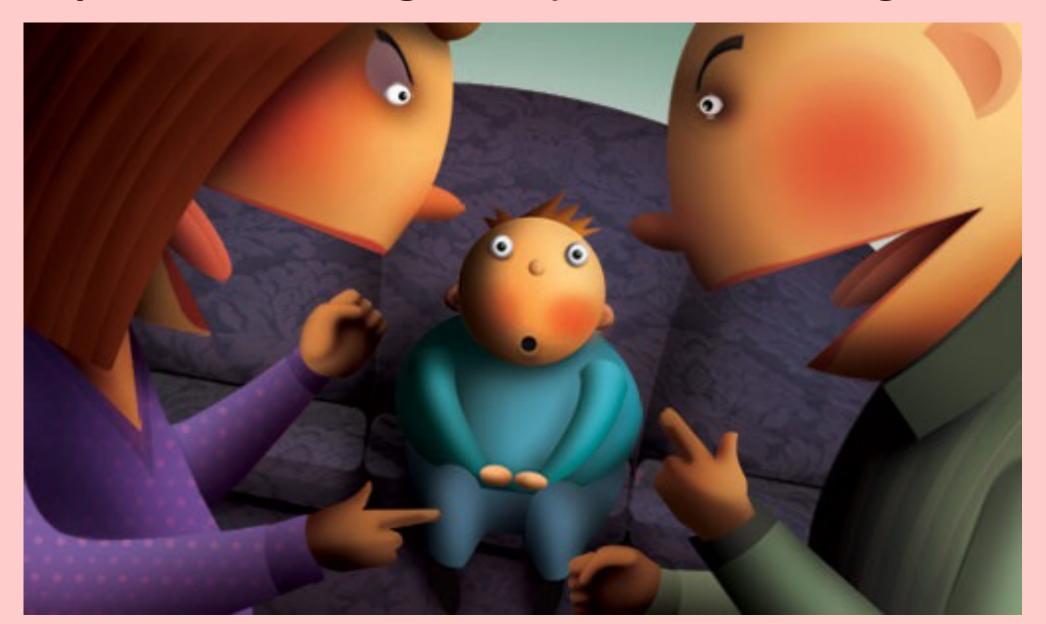
Couple #2



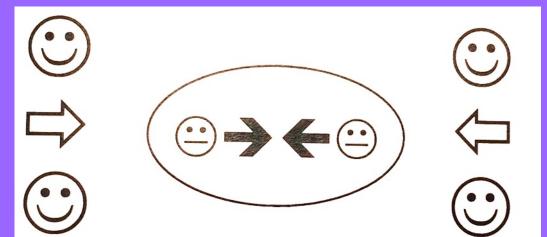
Odd Man Out



Couple #3: "I'm Right!" (Childhood Programming)



Couple #3

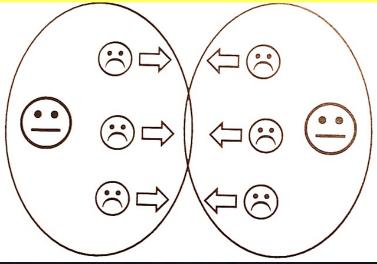


I'm Right



Couple #4: "We're Right!" (Blended Families)



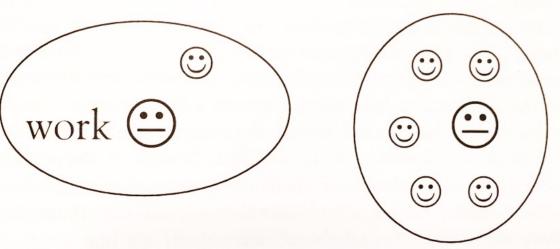


We're Right



Couple #5: "No Glue" (Distance & Empty Nest)



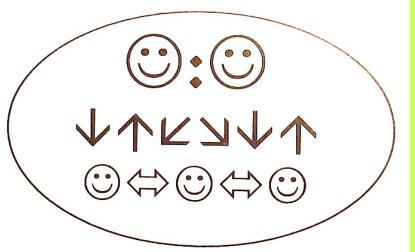


No Glue



Couple #6: "The Ideal Couple" (Incredible Balance)



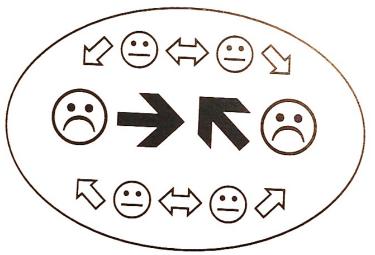


Ideal



Couple #7: "Me First!" (Enmeshed, Immature)

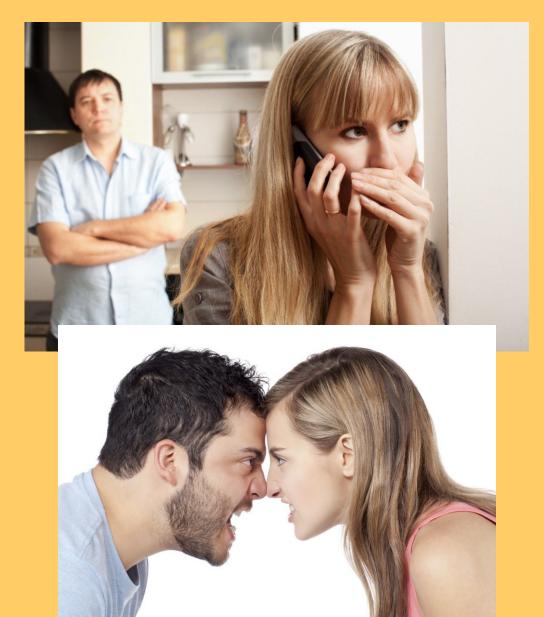




Me First



Couple #8: "Bad Glue" (Dysfunctional Balance)



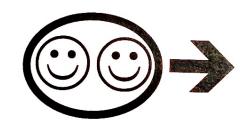




Bad Glue

Couple #9: "Us First" (Symbiotic)







Us First



Emotional Age Exercise

Father	(age 42)	7, 11, 6, 8, 5	avg = 7
Mother	(age 36)	10, 12, 13, 15, 14	avg = 13
Richard	(age 16)	24, 21, 19, 22, 28	avg = 23
Susan	(age 13)	16, 15, 16, 18, 17	avg = 16

Billy

(age 8)

10, 9, 10, 8, 9

avg = 9

"The Family Zoo" Exercise

Father Grizzly Bear, Lion, Gorilla, Tiger, German Shepherd

Mother Lamb, Pony, Sheep, Kitten, Love Bird

Richard Hawk, Rat, Doberman, Weasel, Cobra

Susan Raccoon, Owl, Squirrel, Cat, Poodle

Billy

Bunny, Puppy, Kitty, Guinea Pig, Hamster

Metaphoric Imagery & Sculpting

- 1. Imagine for a moment that your partner / other person takes the form of either an animal, object, place, food item, or famous person. What image feels right to you?
- 2. Now imagine what image you would become in relation to the other person's image that you just imagined. What animal, object, place, food item, or famous person feels right for yourself?

Metaphoric Imagery & Sculpting

How do these images relate? Friendly? Oppositional?

Intimate? Disconnected?

What kind of action is taking place?

Act these images out and see how they feel for each person.

How about trying some role reversals?

What image would you each become when angry?

During intimacy? While parenting the kids?

When dealing with money and bills?

When visiting the in-laws? Going with friends to the bar?

What image would you each become when ...

- ---- on the job around co-workers?
- ---- on vacation with the family?

What image did each of your parents typically become when dealing with each other?

See any similarities or repeating patterns?

Try this exercise with the whole family ...