

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:



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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



oops!

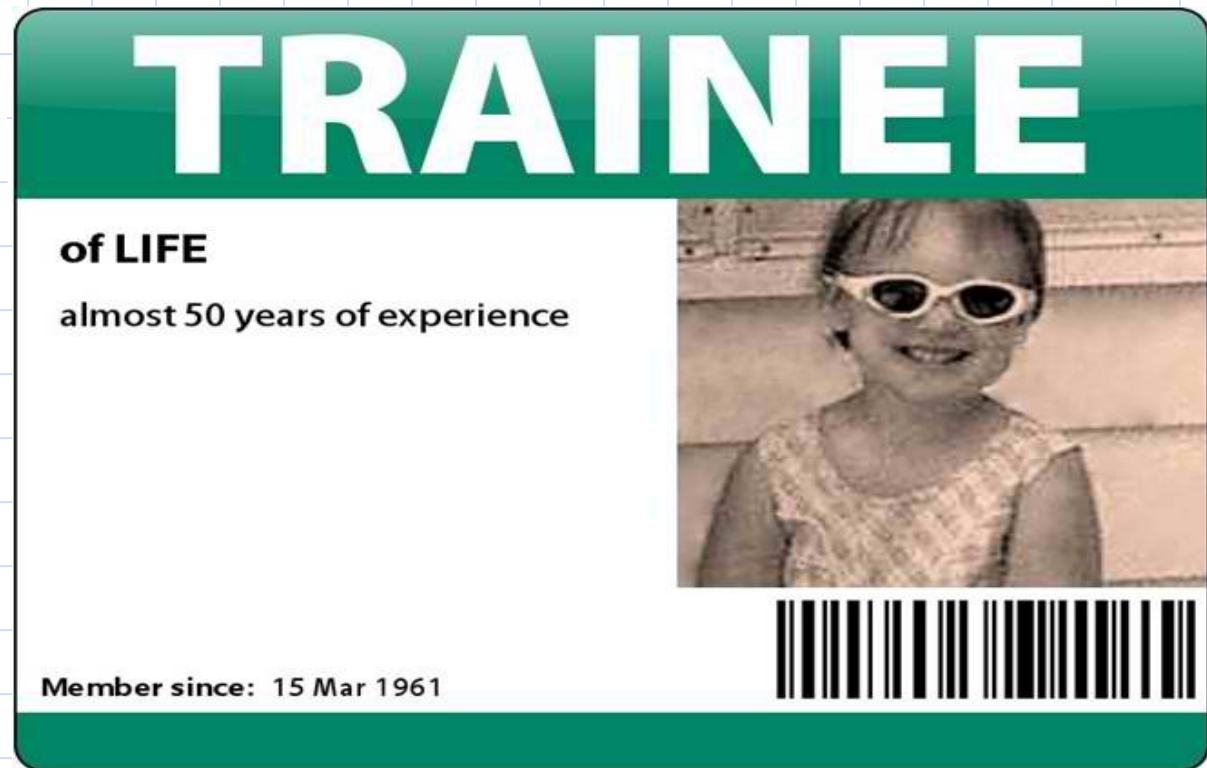
FEELINGS TENETS (cont)



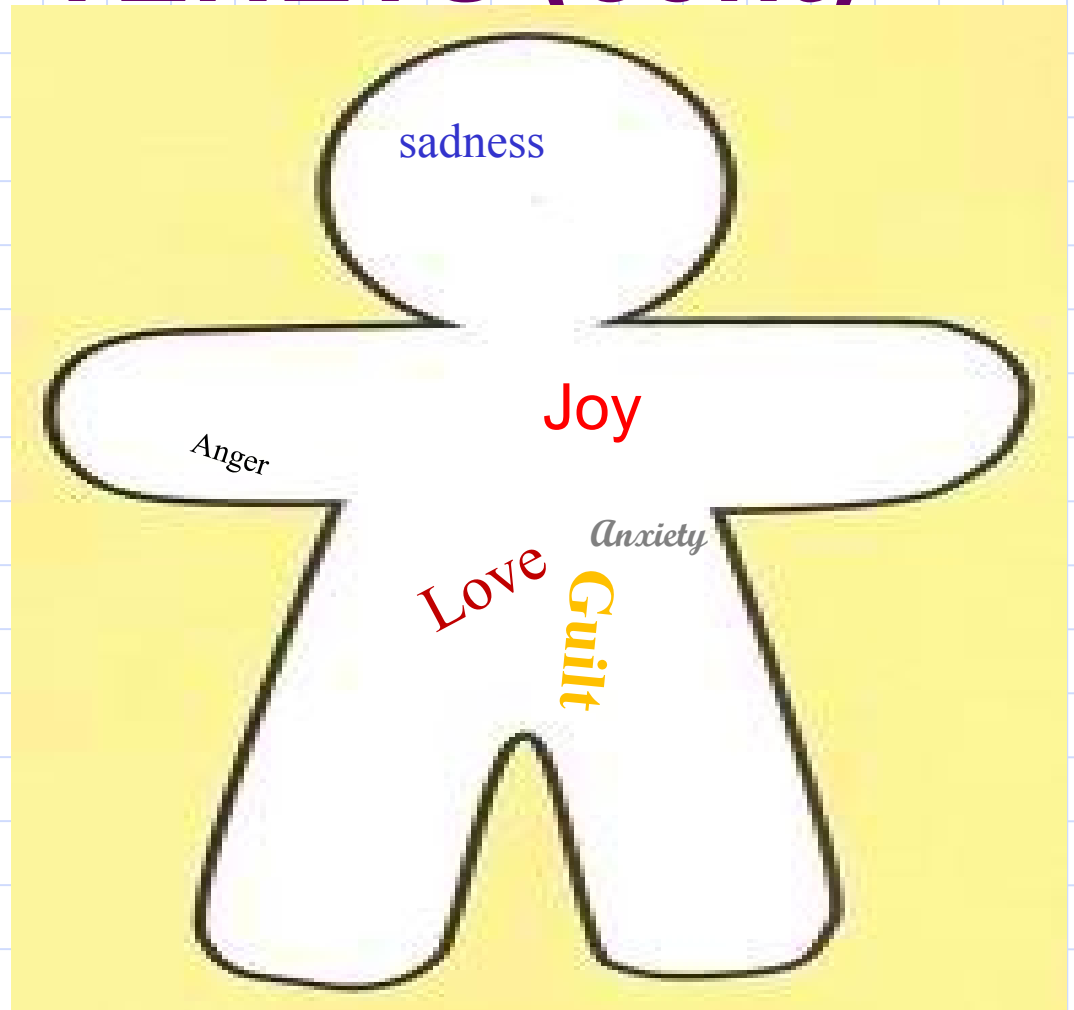
**No one can make
you do a feeling**

FEELINGS TENETS (cont)

Skilled use of feelings is learned



FEELINGS TENETS (cont)



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

A photograph of two brown monkeys sitting on a swing set against a light blue background. The monkey on the left is larger and has its right hand raised. The monkey on the right is smaller. The word "COMMITMENT" is written in large, bold, red capital letters across the middle of the image, overlapping both monkeys.

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