

HEALTHY RELATIONSHIP PARADIGM

Healthy Relationships start with a healthy view of self and others. Couples struggling with destructive relationship patterns, often find themselves stuck in dysfunctional paradigms. Identifying these paradigms and making appropriate changes can help couples get in the way of healthy intimacy. Identify the paradigm that fits you and your partner, and make appropriate changes.

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Loser (Avoidant) Paradigm

Motivated by Fear- of abandonment. I feel insecure and inadequate, so avoiding conflict, intimacy and vulnerability seems safest.

I act with



Idolatry- I worship the good opinion of others, more than I worship God. I want people to like me and think that I'm a good person (easy going, funny, nice, low maintenance.)

And I Use



Distraction Tactics- like joking, excuses, devices, work, physical tiredness to avoid conflict, intimacy and vulnerability.

I live in



Denial- that I need intimacy with others, that there is a problem, or that I'm contributing to it.

So I won't feel



Shame- Intimacy makes me feel inadequate, so I avoid the things that lead to intimacy.

Which results in my ultimate



Abandonment- I valued being safe from shame more than seeking intimacy with my partner, resulting in feelings of loneliness.

Over-Functioner (Controlling) Paradigm

Motivated by Fear- of being controlled. I hate feeling weak, dumb or shame because that makes me vulnerable to abuse.

I act with



Idolatry- I try to control people and things in order to feel safe and good enough, thereby trusting myself rather than God.

And I Use



Complaint and Blame Tactics- I pick fights just to feel something other than the "nothing" that's between us.

I live in



Denial- that I have anything to do with the intimacy problem in this marriage.

So I won't feel



Shame- Vulnerability makes me feel weak and needy, so I maintain power and control in order not to feel shame associated with weakness.

Which results in my ultimate



Abandonment- I push my partner further away with my controlling complaints and blame, and end up feeling abandoned.

Healthy Partner Paradigm

Motivated by Love- There is no fear in love.

True Worship- I see my partner's fears and weaknesses and I don't excuse or hide them.

Embrace Intimacy- I am vulnerable and safely held and understood. I can attach to others without fear of diminishment of myself.

Reality- I have an accurate view of myself and others, and I don't feel weakness without shame.

Because

Grace- I have unmerited love and an open life of trust and grace.

Which

Belonging- Because I am not afraid to be abandoned, I will not push people away. I find intimacy with others.

find that Passivity and Over
changes for healing.

Relationship Paradigm

- Love casts out all fear.
Love.



I act with

ask to surrender to God my
fears, instead of denying,
hiding them.



And I

Opportunities- Because I am
unconditionally loved by God, I
act without fear or
rely on my own strength.



I live in

an accurate assessment of
myself and am able to admit
my shame.



Because I live in God's

grace and favor and can live an
abundant life of peace and love.



which results in

the confidence I believe God cannot
ever abandon myself. I can
trust God and others.