

HEALTHY RELATIONSHIP PARADIGM

Healthy Relationships start with a healthy view of self and others. Couples struggling with destructive relationship patterns, often find that Passivity and Over Functioning get in the way of healthy intimacy. Identify the paradigm that fits you and your partner, and make appropriate changes for healing.

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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 Relationship Paradigm

Motivated by Love- Love casts out all fear. There is no fear in love.

I act with

True Worship -I seek to surrender to God my fears and weaknesses, instead of denying, excusing or hiding them.

And I

Embrace Intimacy Opportunities- Because I am safely held and unconditionally loved by God, I can attach to others without fear or diminishment of my own strength.

I live in

Reality- I have an accurate assessment of myself and others, and am able to admit weakness without shame.

Because I live in God's

Grace- I have unmerited favor and can live an open life of trust and love.

Which results in

Belonging- Because I believe God cannot abandon me, I will not abandon myself. I can find intimacy with God and others.