

# STEPPING STONES TO INTIMACY

## A POSITIVE OUTLOOK ON RELATIONSHIP PROBLEMS

In almost every relationship problems and disillusionments eventually happen. How you think about your difficulties, how you manage your feelings, where you focus your attention and how you behave and communicate under stress will determine the quality of your relationship. If you can move **from** the convictions that your partner is the source of your unhappiness, or the relationship is just doomed to fail, **to** the understanding that struggles are part of the normal journey of relationship development **then** you will be well on your way to a more positive outlook.

Below describes how relationships move across developmental stages as they grow. With this “map” of the journey, you can redirect your efforts and energy towards a more vital satisfying relationship.

### **Separate Selves No More: The “I” and the “We”**

In the beginning of a relationship, two separate people join together and form a “we”. This “we” becomes a special new entity and the bond develops. However this “we” begins to exert a strong influence on the two “I”s. From this point onward, the balance between the two “I”s and the “we” will fluctuate due to the struggle between the need for autonomy (selfhood) and the desire for the intimacy of the “we”. The relationship will develop through stages and grow. However because you are two different individuals, you may not progress through the stages at the same time. The five stages that follow will help you know and identify the appropriate next steps and goals that can move you both towards greater intimacy while remaining true to yourself, your values, feelings and thoughts.

#### **1. Symbiosis: Exclusive Bonding**

This blissful merging of the two “I”s into a “we” is known as symbiosis. This is often called the romantic stage. A time to experience “oneness” and the ecstasy of giving and being given to by a special someone. The “I” of you and your partner is less sharply defined. In hindsight you may notice that a significant part of your beliefs, behaviours and personality were temporarily suspended in order for the “we” to become primary. Differences were minimized and similarities were emphasized. You may have seen only the best parts of each other and experienced unconditional love. Love is, somewhat, blind. However, the “we” that forms is inevitably based in fantasy. The bliss of the powerful connection of symbiosis eventually fades, creating a need/opportunity for change. This crucial stage had a valuable purpose. This strong, exclusive bond provides a foundation of nurturance and trust – a resource you can draw upon as you journey onwards.

#### **2. Differentiation: Managing Anxiety over Differences**

Eventually as each individual “I” re-emerges, differences between you begin to appear. Parts of you or your partner that may have been dormant begin to surface. Disillusionment and disappointment may arise as you notice each other’s imperfections.

The desire to spend more time alone or with other friends as well as the ongoing expression of different values, desires and behaviours can become quite disturbing. This can truly be a difficult and stressful time. Some couples rise to the challenge by developing effective

ways of dealing with differences through healthy conflict management and negotiation. More often, however, struggling couples attempt to solve this crisis by two ineffective solutions designed to return to the comfort of symbiosis:-

- a) Hiding/denying differences to avoid conflict
- b) Engaging in angry escalating arguments, hoping to convince their partner to agree in order to find togetherness.

Both of these may result in repetitive, stifling unproductive interactions. Ironically, these same sources of tension also hold the greatest promise of personal growth and relationship evolution.

### **3.Exploration: Moving from the “we” back to “I”**

When you are able to resist the pressure to return to a symbiotic state, you begin to re-establish your own identity and self-esteem that are independent of how your relationship is faring. The “we” loses its dominance, now the balance shifts strongly to the “I”. This vital and important stage can present a real crisis for each of you. It may well seem as if love and caring have all but disappeared. To make matters worse, the timing may be different for each of you. The more one distances, the more the other may cling. If both of you distance simultaneously, you may feel more like roommates than lovers. You may feel isolated and emotionally disconnected. The objective of this stage is to define and sustain your identity under stress. This will bring greater richness to your relationship and form a new foundation for reconnection.

### **4. Re-connection: Back and Forth Patterns of Intimacy**

In this stage you have strengthened your identity and learned to maintain your own point of view without hostility. You think more productively about your differences and disagreements instead of having automatic negative reactions. A return to a deeper, more sustainable level of intimacy is occurring. This is often accompanied with an enlivened sexual relationship. Though there may be moments of back and forth oscillation, this is a time when a different quality to the “we-ness” comes into being. One in which there is respect for the existence of the two separate “I”s. You feel much more supported than stifled in the relationship. You hear fewer statements of “I need” from your partner and hear more of “I would like” or “I really want”. When your partner hears a “no” from you, it will more likely be heard as an expression of who you are rather than a harsh barb of rejection. Every difficult discussion does not turn into a high wire act because of increased tolerance of, and respect for, your differences.

### **5. Synergy: Independence and Interdependence**

Intimacy deepens as you increase your abilities to manage your emotional reactions when differences cause tension. You are capable of, and committed to relating in ways that are true to your most deeply held values and beliefs. You can actively support your partner’s right to do the same, even if this is inconvenient. The follow between “I” and “we” is becoming easier almost automatic. This relationship is now more vital than either partner separately. Each benefits from the synergy and the “we” has energy of its own. Partners desire to create and give back to the world. Deep intimacy, vulnerability and emotional sustenance abound.