

DETOX Negative Intimacy*

Reset to "Business-Like"



In Control
BUSINESS

Basics

Start from ground up
Respectful, courteous
No emotional display
No assumptions
Business hours
Trust is earned
little or no personal disclosure
Be diligent, trustworthy
Be a team player
Keep kids out of the middle
Do your job as a parent
Follow agreements and court orders
Be prepared, on time
Play fair

Disputes-Document

Pick your battles.
Give benefit of doubt in small things
Negotiate
Keep feelings in check
Use email, fax, texts if tension is high

Meetings

Agenda-1-2 items limit
Public if face-to-face
Prepare carefully
Write up outcome

Agreements

Written, explicit
Have "teeth", defaults
Keep all records

FRIENDSHIP

Friendship increases--

Trust, emotions
Loyalty, respect
Personal disclosure
Shared feelings
Private meetings
Reciprocity, support
Give and take
Informality
Shared values
Shared activities

Soap Opera
INTIMACY

Positive

Highest Levels

Positive experiences
Loyalty, respect, tolerance
Trust, support
Forgiveness, mutual regard
Benefit of doubt
Shared confidences
Protectiveness
Positive Assumptions
Negotiated conflicts
Positive assumptions
Relaxed, Open
Healthy interdependence
Implicit agreements
Joy, satisfaction, forgiveness
Mutual admiration
Shared life, security, joy

Negative

Highest Levels

Negative experiences
Disloyalty, disrespect
Distrust, betrayal
Anger, hate, revenge, contempt
Suspicion, blaming, pettiness
Abuse of confidences
Disregard, mean-spirited
Negative assumptions
Defensiveness, stonewalling
Competitiveness, oppositional
Obsessive, fixated, stalking
Victimization/victim role
Unrealistic expectations
Anxious, closed
Emotional abuse, humiliation
Over-controlling, intrusive
Fear: Fight-flight-freeze
Violence, bullying

Defended, Private-----*Personal Information*-----Vulnerable, Shared
Explicit-----*Expectations*-----Implicit
Cool, Reserved-----*Emotional Intensity and Attachment*-----Hot, Intense