

Standing Up to One Another with LOVE

fierce intimacy

Terry Real

Session One

1. Introduction to Session One
2. A relational life
3. The power of second consciousness
4. Your relationship to yourself
5. Forms of unhealthy self-esteem
6. Up from shame, down from grandiosity
7. Practicing self-esteem
8. The particularities of grandiosity
9. Exercise: Self-Esteem

Session Two

10. Introduction to Session Two
11. Psychological boundaries
12. Boundaryless and walled off
13. Visualization: Internal Boundary
14. Combining self-esteem and boundaries
15. Exercise: Four Quadrant
16. How to get yourself to center
17. Exercise: Love Dependence

Session Three

18. Introduction to Session Three
19. Using the grid relationally
20. Harmony, disharmony, and repair
21. The five losing strategies: being right, controlling your partner
22. The five losing strategies: unbridled self-expression
23. The five losing strategies: retaliation, withdrawal
24. Your losing strategy profile
25. The difference between adaptive child and functional adult
26. Exercise: Letter to Your Adaptive Child

Session Four

27. Introduction to Session Four
28. Your core negative image
29. Exercise: Core Negative Image
30. Go after what you want
31. Standing up for yourself with love
32. Three modes of negotiation: invitation, request, demand
33. Becoming a functional adult in relationship
34. The art of complaint
35. Seven primary feelings

Session Five

36. Introduction to Session Five
37. Learning to listen
38. From contention to curiosity
39. The skill of responding
40. Relational jujitsu
41. Relational empowerment
42. The impact of early childhood experience
43. Changing our legacies
44. Things to cherish

Session Six

45. Introduction to Session Six
46. Relationship recovery
47. Preconditions to intimacy: psychiatric disorders
48. Preconditions to intimacy: aggressive acting out
49. Preconditions to intimacy: sexual acting out
50. Raising relational kids
51. Living a more connected life