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**Basic Principles of Change for Couples**

1. Fight-or-flight activities occur in the most primitive parts of the brain.
2. The primary focus in battle is self-protection, not on repair or affection.
3. The cycles of battle and estrangement lead to hopelessness.
4. Most arguments are on the wrong subjects.
5. The most basic and most important questions, fears, needs and concerns are lost in such confrontations.
6. This cycle is not related to a lack of caring for each other.
7. The initial goal of treatment is lowering intensity and engaging complex thinking, self observation, curiosity, empathy and creativity, etc.
8. The overall goal, however, is not just lowered arousal and self-protection. Changes should lead to increased trust, risk-taking, intimacy and passion.

Because every **person** is different, an array of education, treatment and recreational options is most helpful.