

Love without Hurt

Turn Your Resentful, Angry, or Emotionally Abusive
Relationship into a Compassionate, Loving One

Steven Stosny, Ph.D.

Compassion*Power*.com

Stop Walking on Eggshells!

It's not breaking the eggs that does the damage,
it's walking on eggshells.

The greatest damage is done by the continual
self-contortions required to avoid yelling,
name-calling, glaring, the silent-treatment,
resentment, emotional shut-down.

VIDEO I

Why a Boot Camp?

They need immediate relief, can't wait to:

- To break through denial in a long group
- Build a relationship
- Go into childhood sources of pain

The Mirror of Love

Why We Hurt the Ones We Love

Attachment relationships are mirrors of the inner self.

We learn how worthy of love we are and how valuable our love is to others only by interacting with attachment figures.

Struggle for the Soul

Imagine the most hurtful thing you have ever done or said to someone you love -- child, parent, or lover.

Now imagine a stranger doing or saying that same thing to that same person. How would you respond?

If you are attached, you have an unconscious and automatic instinct to protect with anger, loathing, and an impulse for aggression.

Struggle for the Soul

What happens to that anger, loathing, and aggression when *you* are the person harming the person you love?

Your emotions go to war with themselves. Part of you wants to protect, and part of you wants to hurt.

The most *self-destructive* thing you can do is hurt someone you love, no matter what the reason or who is "right."

Motivation to Abuse

Core Hurts

Disregarded

Unimportant

Accused/Guilty

Devalued/disrespected

Rejected

Powerless

Inadequate, unlovable

VIDEO II

Freedom Through Compassion

- Self Compassion
- Core Value
- Listening to your own voice
- Replacing resentment and anger with conviction
- Identify with your Core Value, not with being a victim.

Change

You do not change people by
confronting them with your superior
values

Strategy

Build:

- Core Value (foundation of compassion)
- *Automatic* self-regulation

Innate Core Value

Deepest and most uniquely *human* experience -
from birth it makes us seek to value and to be
valued.

In its most advanced level -- a sense of
humanity, harmony, and equality

When *conscious* of it -- which is rare -- we feel
the most alive.

We value...

One another, nature, beauty, and some notion of God or the Cosmos or the Greater Good of humanity – *something* larger than the self.

In its usual, *unconscious* state, it activates powerful *motivations* to...



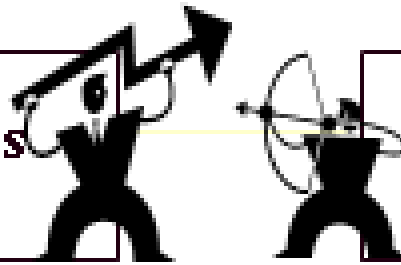
Improve

Appreciate

Connect

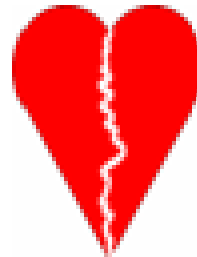
Protect

Symptoms, Defenses



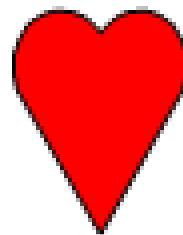
Symptoms, Defenses

Core Hurts



Core Hurts

Core Value



Core Value

HEALS

Vaccination -- each repetition makes you more immune to psychological harm

Strengthening exercise -- like pushups, each repetition makes you stronger

Skill to practice -- like shooting foul shots, each repetition makes you more skilled

At least 12 repetitions daily for 4-6 weeks. Then your true power will be *automatic*.

HEALS™ works by associating Core Value with the physiological arousal of anger and resentment. Only repetition will do that.

It's crucial that you practice HEALS™ 12 times a day for four to six weeks.

Start from your memory.

- **Recall a time when you felt some form of anger.**
 - **Imagine the incident in as much detail as you can.**
 - **Pretend it's happening *now*.**
 - **Feel the tightness in your neck, eyes, jaw, shoulders, chest, stomach, and hands.**
 - **Do anger self-talk.**
 - **Try to get the anger up to about 5 to 10% of what you actually felt.**

Steps of **HEALS**

HEALS flashes three or four times

Experience the lowest of the core hurts causing the symptom/defense

Access Core Value

Love yourself

Solve the problem in your long term best interest.