

# Couples Therapy After Breakup

**couples therapy after breakup: Exaholics** Lisa Marie Bobby, 2016-02-10 Severing a cherished relationship is one of the most painful experiences in life—and cutting those emotional ties to a loved one can feel almost like ending an addiction. Up till now, people recovering from other problems were able to get real help—like AA and rehab—while those struggling in the aftermath of traumatic breaks dealt with platitudes and friends insisting they should get over it already. But now Exaholics Anonymous treats getting over an ex like kicking a chemical habit. Written by counselor and therapist Dr. Lisa Bobby, Exaholics offers meaningful support and advice to anyone trapped in the obsessive pain of a broken, or dying, attachment. She helps the brokenhearted heal, showing them, on a deep level, how to develop a conceptual framework for their experience, understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse. In-depth case studies of others' journeys will illuminate the way to future happiness.

**couples therapy after breakup: After the Breakup: a Self-Love Journal** Lindsey Dortch Brock, 2021-10-05 Move beyond your breakup and bounce back stronger with self-love exercises A breakup can be devastating--no matter what side you're on--but with a little inspiration and introspection, you can heal and become the best version of yourself. This guided love journal will help you boost your self-esteem, tap into your inner strength, and reflect on root causes and behavior patterns after a breakup. You'll find prompts and exercises for each step of recovery--from coping immediately after the breakup to preparing for a healthier, happier next relationship and avoiding the dreaded backslide. Go beyond other self-help journals with: A breakup guide for all--This journal is designed for anyone experiencing a breakup, no matter your background or relationship type. Relatable entries--Discover 150 prompts, exercises, quotes, and anecdotes that help address key points on the healing journey, like identifying areas of self-improvement and compartmentalizing feelings. A stage-by-stage structure--Follow the guided format through every step of the process--from processing feelings to getting back out there. Put yourself first, process your breakup, and build healthier relationships with this self-love journal.

**couples therapy after breakup: I Ain't Much, Baby--But I'm All I've Got** Jess Lair, Ph.D., 1995-03-01 What are some of the discoveries I have made? I found I needed people because I needed the love they could give me. I found that love was something I did. I found that the way I showed people my need and love for them was to tell how it was with me in my deepest heart. I came to feel that was the most loving thing I could do for anyone -- tell them how it was with me and share my imperfections with them. When I did this, most people came back at me with what was deep within them. This was love coming to me. And the more I had coming to me, the more I had to give away. I ain't much, baby -- but I'm all I've got. From his experience comes I Ain't Much, Baby -- But I'm All I've Got. Lair originally wrote this book for his students, but when it gained widespread popularity he rewrote it for publication. It is a book meant to help people share in the success of finding themselves.

**couples therapy after breakup: The Angry Therapist** John Kim, 2017-04-18 Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-styledesigner, not a therapist. His radical new approach, that he sometimes calls “self-help in a shot glass” is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living. Let’s face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his

personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of me too as opposed to you should. He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language —open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic Monthly and on NPR.

**couples therapy after breakup: Breakup Bootcamp** Amy Chan, 2020-12-01 “A relationship expert whose work is like that of a scientific Carrie Bradshaw.” —THE OBSERVER A self-affirming, holistic guide for everyone—single or married, divorced or dating—to transforming heartbreak into healing by the founder of the innovative and revolutionary Renew Breakup Bootcamp Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless women heal their hearts. In Breakup Bootcamp, Amy Chan directs her experience as a relationship columnist and as the creator of Renew Breakup Bootcamp into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed the Chief Heart Hacker, Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping first her bootcamp attendees and now her readers most effectively heal and reclaim their self-love. Breakup Bootcamp comes at the perfect time, when many are feeling the intensity of being in or out of a relationship, lonely or suffocated, and flirting with old toxic relationships they’ve outgrown. Relatable, life-changing, and backed by sound scientific research, Breakup Bootcamp can help anyone turn their greatest heartbreak into a powerful tool for growth.

**couples therapy after breakup: In Quest of the Mythical Mate** Ellyn Bader, Peter Pearson, 2013-05-13 In Quest of the Mythical Mate presents a valuable and fertile developmental model for diagnosing and treating couples that is flexible enough to incorporate a wide variety of intervention strategies, yet purposeful enough to give a clear sense of direction to couples in distress. As such, this volume provides a powerful therapeutic approach for all professionals who treat couples.

**couples therapy after breakup: Using Relentless Empathy in the Therapeutic Relationship** Anabelle Bugatti, 2020-12-30 With a refreshing approach to resistance in therapy, Using Relentless Empathy in the Therapeutic Relationship offers practical tools and tips to help therapists and clinicians across all modalities of counseling work with their most challenging clients. By illustrating the power of empathic responsiveness coupled with attachment science and interventions, the author goes straight to the heart of what’s vital for building strong therapeutic alliances with even the most difficult clients. Using Relentless Empathy in the Therapeutic Relationship presents effective tools that clinicians and therapists can use to move away from pathological diagnostic labels toward engaging with people in their distress. This is a valuable resource to anyone in a helping profession, teaching them to effectively use their most valuable instrument—themselves—by harnessing the power of relentless empathy to shape relationships with not only clients but also the outside world.

**couples therapy after breakup: Magnetic Partners** Stephen Betchen, 2010-05-18 Do you and your partner argue about the same things over and over again? Are you often confused about why your partner is so angry with you? Are things getting worse and worse even though you’ve tried everything you can think of to make them better? In this breakthrough guide to repairing romantic relationships, therapist and marriage researcher Dr. Stephen Betchen presents a powerful new explanation of what leads to this kind of escalating conflict in couples and how you can repair your relationship and find a whole new level of happiness. Based on his extensive experience as a couples’ therapist, Dr. Betchen has discovered that the prevailing idea that opposites attract is wrong. Instead, one of the strongest forces that attracts people to one another is that they share a hidden,

inner conflict in their lives—an unconscious struggle within themselves that each of them developed growing up—which he calls a master conflict. The fact that a couple shares a master conflict acts as an almost magnetic force of attraction, but, over time, master conflicts often begin to push a pair apart—many of the very things you most appreciated about each other start to grate on you, producing increasing hostility. The good news is that by identifying the master conflict that you share, you and your partner can take the steps to break the cycle of fighting and come to a new place of understanding and happiness in your relationship. Often, just the realization that you have this hidden conflict acts as a powerful cure, allowing you to appreciate each other once again and to be empathetic about the things that have been irritating you both. From his years of work with couples, Betchen has identified the nineteen most common master conflicts—such as getting your needs met vs. caretaking; giving vs. withholding; commitment vs. freedom; power vs. passivity—and for each he provides vivid stories of couples who have struggled with them, as well as simple tests that help you to:

- Identify the core master conflict that is causing your relationship problems
- Understand the origins of your conflict and how it drew you to your partner
- Diagnose how the conflict is now pushing you apart
- Come to new terms with the conflict to save your relationship

As Dr. Betchen writes, knowledge of a master conflict is power, and *Magnetic Partners* is an empowering guide that will help you not only to identify and control your master conflict, but also to bring your relationship to a new level based on deeper understanding, ultimately leading to greater fulfillment and long-term resilience. *Partners*

**couples therapy after breakup: I Love You but I'm Not in Love with You** Andrew G Marshall, 2010-02-15 How do you fall back in love? This was the underlying problem of one in four couples seeking help from relationship therapist Andrew G. Marshall. They described their problem as: 'I love you but I'm not in love with you'. Noticing how widespread the phenomenon had become, he decided to look more closely. Why were these relationships becoming defined more by companionship than by passion, and why was companionship no longer enough? From his research Andrew has devised his own unique programme. By looking at how a couple communicate, argue, share love, take responsibility, give and learn he offers in seven steps a reassuring and empowering map for how two individuals can better understand themselves, strengthen their bond and recover that lost magic.

**couples therapy after breakup: The Hard Questions** Susan Piver, 2021-06-22 A revised and expanded edition of the classic relationship book that has helped thousands of couples shape a shared vision for their lives together. With this simple-yet-profound relationship tool, Susan Piver shows couples at any stage of their relationships--whether they are considering engagement, have been married for decades, or just want to deepen their connection--how they can forge and strengthen lasting, intimate bonds. Focusing on key areas such as home, money, work, community, and family, *The Hard Questions* contains 100 thought-provoking questions for couples to ask each other, including:

- What will our home look like?
- What are our professional goals?
- How do you feel about sharing our life on social media?
- Will we try to have children, and if so, when?

*The Hard Questions* provides couples with guidance and support for having the kind of conversations that will lead them to a deeper understanding of each other and a happy, healthy, and prosperous future together.

**couples therapy after breakup: Behavioral Couples Therapy for Alcoholism and Drug Abuse** Timothy J. O'Farrell, William Fals-Stewart, 2012-03-12 This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. In a convenient large-size format, the book provides all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters.

**couples therapy after breakup: Conscious Uncoupling** Katherine Woodward Thomas, 2015-09-22 And Then They Lived Happily... We enter our romantic relationships with great love, hope, and excitement--we've found the 'one', so we plan and forge our futures together. But sometimes, for many different reasons, relationships come undone; they don't work out. Commonly, we view this as a personal failure, rather than an opportunity. And instead of honoring what we once meant to each other, we hoard bitterness and anger, stewing in shame and resentment. Sometimes even lashing out in destructive and hurtful ways, despite the fact that we're good people at heart. That's natural: we're almost biologically primed to respond this way. Yet there is another path to the end of a relationship--one filled with mutual respect, kindness, and deep caring. Katherine Woodward Thomas's groundbreaking method, Conscious Uncoupling, provides the valuable skills and tools for you to travel this challenging terrain with these five thoughtful and thought-provoking steps: Step 1: Find Emotional Freedom Step 2: Reclaim Your Power and Your Life Step 3: Break the Pattern, Heal Your Heart Step 4: Become a Love Alchemist Step 5: Create Your Happy Even After Life This paradigm-shifting guide will steer you away from a bitter end and toward a new life that's empowered and flourishing.

**couples therapy after breakup: Baby Bomb** Kara Hoppe, Stan Tatkin, 2021-07-01 Before you succeed at parenting, you need to succeed as a couple! Baby Bomb is the resource you need when a new baby turns your life—and your romantic relationship—upside down. A baby is a blessing—and also a completely life-altering event. If you're like many new parents, nothing could have fully prepared you for the exhaustion of late-night feedings, the explosive diapers, the evaporation of your free time, the pure joy, and the moments of pure terror. In the midst of these hazy, early months, it's normal to feel overwhelmed. And when you're overwhelmed, it's easy to put your romantic relationship on the back burner. But, more and more, research shows that in order to be the best parents you can be, you and your partner need to make sure that your needs—as a couple—are also met. Written by a psychologist and relationship expert, Baby Bomb offers powerful tools based in psychology and neurobiology to help you and your partner co-parent and co-partner as a solid and supportive team—while also cultivating mad love for each other! You'll find more than just “tips” for better parenting and partnering; you'll discover how a secure-functioning relationship is essential for raising happy, healthy kids. This isn't a book with advice about how to have a romantic candlelit dinner while your baby is screaming in the other room. It's a road map for getting on the same page about your expectations as parents, about your needs as humans, and about how to maintain a strong and lasting relationship in the face of, well, a baby bomb.

**couples therapy after breakup: Common Dilemmas in Couple Therapy** Judith P. Leavitt, 2010-06-10 Common Dilemmas in Couple Therapy addresses four common problems that couples therapists face everyday in their offices - problems that leave therapists exhausted, drained, challenged, alive, racing, and on edge. These dilemmas encompass not only the difficult challenges therapists face everyday, but also the passions and profound disappointments of human intimate partnerships. The purpose of this book is not only to explore and give case illustrations of these dilemmas, but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work.

**couples therapy after breakup: The Seven Principles for Making Marriage Work** John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! “An eminently practical guide to an emotionally intelligent—and long-lasting—marriage.”—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem,

whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

**couples therapy after breakup: Can This Marriage Be Saved?** Paul Popenoe, 2008-11 Can This Marriage Be Saved? by Paul Popenoe Other Books by Paul Popenoe MODERN MARRIAGE: A HANDBOOK FOR MEN MARRIAGE BEFORE AND AFTER MARRIAGE IS WHAT YOU MAKE IT DIVORCE - 17 WAYS TO AVOID IT Introduction: Marriage Counseling at the American Institute of Family Relations When the American Institute of Family Relations opened its doors in Los Angeles, California, on February 4, 1930, we were incorporated as a nonprofit organization dedicated to employing the resources of modern science to strengthen marriage and family life. At that time there was much talk about the rising divorce rate, but almost no concerted effort was made to check it. Our undertaking, with skilled services available to everybody at minimum cost, was the first of its kind in the world. In the beginning we had a group of four nationally known psychological consultants and eight medical consultants on whom to call whenever necessary. I myself did all of the marriage counseling with the sole aid of a retired psychiatric social worker, who also acted as the receptionist in our offices. To a large section of the general public in that day the purpose of marriage counseling was a mystery. Our first client, a woman, appeared at my desk with a poorly dressed, dejected man who she announced was penniless. Despite this liability, she wanted to marry him. She had been informed that our chief function was to promote successful marriages, and she suggested it was my responsibility to lend her companion enough money so they could marry and start a new home. Unfortunately, my assistant and I were unable to meet this challenge thus we failed on our very first case! Another client of those early days was an orange grower to whom I gave a personality test. He listened with interest as I explained the results and said, That's just about right. Then he asked, Do you believe in numerology? Not at all, I replied. It hasn't the slightest scientific standing. Well, he rejoined, I consulted a numerologist before coming here, and he told me exactly what you have just told me only he didn't charge me so much for it! Still another client reported to me that his wife complained he did not support the family adequately, but that their money troubles were really all her fault. She controlled the finances and would not let him have enough capital to carry on his business and make a living. What is your business? I asked, and he replied after a momentary pause, I play the races. Most of our clients, of course, were burdened by far more serious worries. At that time Los Angeles had no Family Service, and people appealed to us with a wide range of questions they could not get answered elsewhere. A breakdown of our first 1000 cases shows that we gave assistance in premarital and child welfare problems, and advised on matters of education, law, heredity, and sex. Only 245 of our first 1000 cases were concerned with marital maladjustment and field which now represents the major part of our work.

**couples therapy after breakup: BreakUp and BreakOut** Valentina Setteducate, Rachel Thomasian, 2020-04-03 Turn Your Breakup into a Breakout! Going through a breakup? Well-meaning family, friends, and the internet seem to be repeating the same message over and over: Get over it already and move on with your life! But why do you still feel stuck? Losing your significant other under the best of circumstances is hard. Now, breaking up is often a public affair as social media adds new dimensions to your loss. Breaking up can create feelings of anxiety, depression, grief, trauma, and social isolation. How can you process this complex emotional terrain, navigate the social dynamics of a breakup with grace, and emerge on the other side as an even better version of yourself? Turn your breakup into a breakout! BreakUp & BreakOut was created to help empower people and take the shame and isolation out of breakups. Informed by modern research in psychology and years of relational clinical practice, BreakUp & BreakOut includes guided exercises to make your healing an active process that you have control over. Learn how to deal with overwhelming feelings, manage compulsive behaviors, grapple with the modern dimensions of breakups such as ghosting, identify and transform self-destructive patterns, and invest in yourself so that you will emerge from this challenging experience to find a new and more evolved you on the

other side. ...Rachel Thomasian and Tina Setteducate are Licensed Marriage and Family Therapists who work with couples and individuals who are experiencing breakups. In their 15 combined years of clinical experience they have noticed common patterns and themes in people's pain as well as in their healing. BreakUp & BreakOut offers the reader practical, informed, and effective ways to process the difficult and often complex emotions,

**couples therapy after breakup:** *The Self-Aware Parent* Fran Walfish, 2010-12-07 A healthy relationship based on mutual trust is every parent's wish. The bond between infant and parent is a natural phenomenon, but as children reach their preteens and form their own personalities, fireworks between the child and parent can ensue. Drawing on 20 years of clinical experience and new theories on attachment, family therapist and consultant to Parents magazine Dr. Fran Walfish argues that parents need to distinguish their own personality types in order to make more informed decisions about how they interact and raise their own children. This step-by-step guide shows parents: \* how to recognize the strength and weaknesses of your parenting style and how it affects your child; \* the ways your style might clash with your child's nature, and how to negotiate a common ground; \* the vital importance of establishing trust with a preteen to better prepare for turbulent teen years. Written with warmth, authority, and wit, Dr. Walfish holds a gentle mirror up to parents and helps them understand themselves in order to create a closer relationship with their child.

**couples therapy after breakup:** *Mating in Captivity* Esther Perel, 2007-10-30 One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

**couples therapy after breakup:** *I Don't Want to Talk About It* Terrence Real, 1999-03-11 A bestseller for over 20 years, *I Don't Want to Talk About It* is a groundbreaking and hopeful guide to understanding and destigmatizing male depression, essential not only for men who may be suffering but for the people who love them. Twenty years of experience treating men and their families has convinced psychotherapist Terrence Real that depression is a silent epidemic in men—that men hide their condition from family, friends, and themselves to avoid the stigma of depression's "un-manliness." Problems that we think of as typically male—difficulty with intimacy, workaholism, alcoholism, abusive behavior, and rage—are really attempts to escape depression. And these escape attempts only hurt the people men love and pass their condition on to their children. This groundbreaking book is the "pathway out of darkness" that these men and their families seek. Real reveals how men can unearth their pain, heal themselves, restore relationships, and break the legacy of abuse. He mixes penetrating analysis with compelling tales of his patients and even his own experiences with depression as the son of a violent, depressed father and the father of two young sons.

**couples therapy after breakup:** *Borderline, Narcissistic, and Schizoid Adaptations* Elinor Greenberg, 2016-09-12 *Borderline, Narcissistic, and Schizoid Adaptations* demystifies the diagnosis and treatment of personality disorders. It offers clear and practical advice on how to differentiate and treat clients who have made Borderline, Narcissistic, or Schizoid adaptations. Elinor Greenberg begins with an overview of the topic of personality disorders, reframes these disorders as adaptations, and then explains the treatment interventions that work best for each type of adaptation. Later chapters describe how to do specific interventions that deal with commonly encountered treatment issues such as: such as: How to undo a Narcissistic shame-based self-hating depression, How to judge a Schizoid client's sense of interpersonal safety from their dreams, and How to help Borderline clients reach their goals. Each type of intervention is explained in detail, ample clinical examples are given, as is how and when to utilize the method in the client's treatment.

Both beginning therapists and experienced clinicians alike will find this book a useful resource that will expand their understanding and effectiveness with this often challenging group of clients.

**couples therapy after breakup: *The Breakup Bible*** Rachel Sussman, 2011-12-27 Breakups are an unfortunate but inevitable part of every woman's life, and there's no denying that the heartache experienced after the ending of a serious relationship can be excruciating. But it doesn't have to feel insurmountable, and there is always hope to be found. In *The Breakup Bible*, psychotherapist and breakup expert Rachel Sussman reveals the secrets every woman needs to get her life back on track. Drawing on hundreds of counseling sessions she's conducted with women at all stages of recovery, Sussman developed a proven 3-phase process for healing from a breakup. *The Breakup Bible* takes women through Healing, Understanding, and Transformation, with new perspectives and advice from real, healed women at each step. Sussman's plan for getting over the end of a relationship is revolutionary and sound, complete with steps for creating a personalized Love Map, a vital and groundbreaking tool for moving on after a breakup. *The Breakup Bible* proves that it is possible to not only survive a breakup, but to emerge from one as an even stronger, empowered woman.

**couples therapy after breakup: *What Makes Love Last?*** John Gottman, John Mordechai Gottman, Nan Silver, 2013-09-10 One of the foremost relationship experts at work today offers creative insight on building trust and avoiding betrayal, helping readers to decode the mysteries of healthy love and relationships--

**couples therapy after breakup: *Becoming Your Own Parent*** Dennis Wholey, 1990 Readers are guided inside a series of intimate and powerful group meetings where fourteen adult children reveal the devastating effects of their chaotic childhoods, and the leading experts in the field of recovery offer insight and solutions.

**couples therapy after breakup: *Eight Dates*** John Gottman, Julie Schwartz Gottman, Doug Abrams, Rachel Carlton Abrams, 2019-02-05 Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice-- the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them--how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date--book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling--it's about both of you being active and involved.

**couples therapy after breakup: *An Emotionally Focused Workbook for Couples*** Veronica Kallos-Lilly, Jennifer Fitzgerald, 2021-12-20 The second edition of this essential and newly updated workbook is intended for use with couples who want to enhance their emotional connection or overcome their relationship distress. It closely follows the course of EFT treatment and allows clinicians to easily integrate guided reading, reflection, and discussion into the therapeutic process. Incorporating new developments in EFT and decades of research in the field of attachment, Veronica Kallos-Lilly and Jennifer Fitzgerald include chapters that explore concepts such as attachment bonds, the three cycles of relationship distress, how to make sense of emotions, relationship hurts and more. The workbook follows the familiar and accessible format of the first edition, Read, Reflect, and Discuss, and weaves fresh, illustrative examples throughout, with updated content considering the impact of gender, culture, and sexual orientation on relationship dynamics. Added reflections on

these topics and an expanded section on sexuality dispels constraining popular myths and frees partners up to express themselves more openly. This book is essential reading for partners looking for helpful steps to improve the quality of their romantic relationships as well as marriage and family therapists, couple therapists and clinicians training in EFT to use with their clients.

**couples therapy after breakup:** The Essential Family Guide to Borderline Personality Disorder Randi Kreger, 2009-06-03 Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness. For family members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies--common conduct among those who suffer from the disorder--leave family members feeling confused, hurt, and helpless. In *Stop Walking on Eggshells*, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with *The Essential Family Guide to Borderline Personality Disorder*, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific skills, and focus on what they need to do to get off the emotional rollercoaster: (1) Take care of yourself; (2) Uncover what keeps you feeling stuck; (3) Communicate to be heard; (4) Set limits with love; and (5) Reinforce the right behaviors. Together the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits.

**couples therapy after breakup:** *Getting Back Together* Bettie B Youngs, Masa Goetz, Suzy Farbman, 2006-02-15 You can save your relationship! The divorce courts are littered with broken marriages--and broken lives. Yet most people would save their marriages--if only they knew how. *Getting back together* is the solid, comprehensive guide you can count on to get your relationship back on track. No matter what issues you may face, this step-by-step program shows you how to take the initiative, reconcile your differences, and remake your relationship--from the ground up. In this completely revised edition, Drs. Young and Goetz provide the most current studies and relationship evaluation tools available. They also include numerous inspiring real-life stories of couples that have resurrected and renewed their relationships. Packed full of valuable information and comforting advice, *Getting Back Together* helps couples beat the odds and build a new, happier life together--forever.

**couples therapy after breakup:** *The Good Marriage: How and Why Love Lasts* Judith Wallerstein, 2019-08-09 When it first appeared in 1995, *The Good Marriage* became a best-seller. It offers timeless clues to the secret of happy, long-lasting marriages. Based on a groundbreaking study of fifty couples who consider themselves happily married, psychologist Judith Wallerstein presents the four basic types of marriage — romantic, rescue, companionate, and traditional — and identifies nine developmental tasks that must be successfully undertaken in a “good marriage” — separation from the family of origin, up-and-down vicissitudes of early years, children, balance of work and home, dealing with infidelities, and more. The men and women Wallerstein interviewed readily admit that even the best relationship requires hard work and continuing negotiation, especially in the midst of societal pressures that can tear marriages apart. But they also convey an inspirational message, for almost all of them feel that their marriage is their single greatest accomplishment. *The Good Marriage* explains why, and its lively mix of storytelling and analysis will challenge every couple to think in a profoundly different way about the most important relationship in their lives. “Should be required reading for all who are interested in marriage.” — W. Walter Menninger “Should prove a lifesaver for many couples.” — Publishers Weekly “Will enrich the sparse literature on happy marriages.” — USA Today “One of the nice things about *The Good Marriage* is its modesty. It doesn’t pretend to offer a philosophy or even a lecture on marriage. It takes no position on the ideologically charged issues of women’s marital roles and status. Equally important, it ignores the two most common ways of talking about marriage — as a contract negotiated between two equal parties and as the pathway to individual fulfillment. For this reason it is refreshingly free of ‘rights’



talk and therapy talk. Indeed, Wallerstein places much more emphasis on the development of good judgment and a moral sense than on the acquisition of effective communication or negotiation skills." — Barbara Dafoe Whitehead, *The Atlantic* "A lagniappe to enduring couplehood... The strength of this study is that Ms. Wallerstein, a gifted interviewer, persuades the couples to reveal their interior lives in rich, explicit detail." — Susan Jacoby, *The New York Times Book Review* "Written in a masterful style that often reads like the best popular fiction... Wallerstein and Blakeslee again combine their substantial talents... deftly and entertainingly exploring the foundations of good marriages." — Tara Aronson, *San Francisco Examiner & Chronicle* "Groundbreaking." — *Boston Globe* "This is a wonderfully readable and immensely valuable book, full of wise and original insights about the many, many roads to marital happiness." — Judith Viorst "With wisdom, humor, and sympathetic understanding, Judith Wallerstein helps us recognize and rediscover the good marriage... lucid, psychologically sophisticated, and generously wise." — David Blankenhorn, *Newsday* "Historically informative as well as profoundly wise psychologically." — Joan M. Erikson "For a long time, as a Rabbi, I've been using *The Good Marriage*, by the late Judith Wallerstein... in my pre-marital counseling. She provides... amazingly helpful insights [which] open up conversations and lead couples to think much more deeply about what they are getting themselves into — and what they might need to do to keep their marriages strong." — Rabbi Carl M. Perkins "A welcome addition to the field of literature on contemporary marriage... The style [is] clear, concise, sensitive and, occasionally, personal. Her personal additions... add warmth, emotional consciousness, and greater insight into what makes individuals and couples happy in their relationships. This book has value for the many audiences interested in relational theory that want to approach relationships from a realistic and positive perspective." — Nancy Williford, *Clinical Social Work Journal* "In *The Good Marriage*, Wallerstein's new study of 50 married couples offers affirmation that the process of marriage itself presents a vehicle for transformation... A best-selling author, Wallerstein employs a thoughtful, nonaggressive style that appeals to the general public. Wallerstein has performed an invaluable service in *The Good Marriage*." — Elizabeth M. Tully, M.D., *Journal of Academy of Child and Adolescent Psychiatry* "Solid... impressive... Those interested in social policy should be pleased that so well-respected a liberal academic as Ms. Wallerstein has written a book that celebrates marriage and points the way toward restructuring it." — *Wall Street Journal* "With extraordinary skill and compassion Wallerstein and Blakeslee take us inside the lives of fifty American couples and find that a good marriage still provides the best framework for enduring love and intimacy." — Sylvia Ann Hewlett "A very appealing book... clearly written and clearly thought out." — *Library Journal* "Wallerstein's major contribution is not about how and why love lasts, but about how and why love develops. It is in such a context, less idyllic, but more realistic, that the book will prove to be a lasting contribution." — *Readings: A Journal of Reviews and Commentary in Mental Health*

**couples therapy after breakup: Radical Acceptance** Andrea Miller, 2017-05-02 "If you're at the end of your relationship rope, reach for Radical Acceptance." — *Elle* A refreshing new approach to romantic partnerships, grounded in the importance of unconditional love that shows how "prioritizing your partner [creates] true happiness in your relationship" (John Gray, PhD, author of *Men Are From Mars, Women Are From Venus*). Loving the lovable parts of your partner is easy. He's funny, charming, smart, successful, and kind. He's perfect. Except for when he is not. Like when he is late. Or short-tempered. Or lazy. Or he's incorrectly loaded the dishwasher (again). Maybe he feels like the most frustrating person on the planet. Or maybe you're simply not feeling heard or seen. Or loved enough. It's these proverbial unlovable parts that make loving all of him so tough. But imagine if you let go of your itch to fix, judge, improve, or control your partner. Imagine if you replaced judgement with compassion and empathy. Tremendous empowerment and liberation come from loving someone—and being loved—for who we really are. This practice is called Radical Acceptance. Whether you're looking for Mr. Right or are already with him, this is your powerful five-step guide to attaining life's ultimate prize: unconditional love. You'll learn how to increase your emotional resilience, feel more confident, determine whether you're settling, quiet those doubt-filled

voices in your head, get out of that endless cycle of dead-end dates, reduce conflict, and build a deeply fulfilling, affirming relationship—all through highly actionable advice. Best of all, you will discover how amazing it feels to have your heart expanded by an abundance of love and compassion for your partner and yourself. Featuring compelling stories for real-life couples and insights from the foremost thought leaders and researchers in brain science, sexuality, psychotherapy, and neurobiology, *Radical Acceptance* illustrates that embracing your partner for exactly who they are will lead to a more harmonious relationship—and provide an unexpected path to your own personal transformation.

**couples therapy after breakup: The Science of Trust: Emotional Attunement for Couples**

John M. Gottman, 2011-05-09 An eminent therapist explains what makes couples compatible and how to sustain a happy marriage. For the past thirty-five years, John Gottman's research has been internationally recognized for its unprecedented ability to precisely measure interactive processes in couples and to predict the long-term success or failure of relationships. In this groundbreaking book, he presents a new approach to understanding and changing couples: a fundamental social skill called "emotional attunement," which describes a couple's ability to fully process and move on from negative emotional events, ultimately creating a stronger relationship. Gottman draws from this longitudinal research and theory to show how emotional attunement can downregulate negative affect, help couples focus on positive traits and memories, and even help prevent domestic violence. He offers a detailed intervention devised to cultivate attunement, thereby helping couples connect, respect, and show affection. Emotional attunement is extended to tackle the subjects of flooding, the story we tell ourselves about our relationship, conflict, personality, changing relationships, and gender. Gottman also explains how to create emotional attunement when it is missing, to lay a foundation that will carry the relationship through difficult times. Gottman encourages couples to cultivate attunement through awareness, tolerance, understanding, non-defensive listening, and empathy. These qualities, he argues, inspire confidence in couples, and the sense that despite the inevitable struggles, the relationship is enduring and resilient. This book, an essential follow-up to his 1999 *The Marriage Clinic*, offers therapists, students, and researchers detailed intervention for working with couples, and offers couples a roadmap to a stronger future together.

**couples therapy after breakup: The Polyamory Breakup Book** Kathy Labriola, 2019

Labriola uses real life examples and expert insight as a counselor and nurse. From how to handle jealousy to the practicalities of managing money and time with multiple partners, this book includes tips and insights from the polyamory community.

**couples therapy after breakup: The Divorce Remedy** Michele Weiner Davis, 2002-09-04

Provides advice for couples contemplating divorce who still hope to save their marriages, and suggests ways to deal with infidelity, depression, a midlife crisis, sexual problems, and other common issues.

**couples therapy after breakup: Breaking Up and Bouncing Back** Samantha Burns, 2018-06-13

The Millennial Love Expert shows how to survive a soul-crushing breakup and bounce back to a healthy, happy dating life. Burns teaches the critical coping and self-care survival skills needed to get off the emotional roller coaster and to become a smarter, more intentional dater.

**couples therapy after breakup: Common Dilemmas in Couple Therapy** Judith P. Leavitt,

2010 *Common Dilemmas in Couple Therapy* addresses four common problems that couples therapists face everyday in their offices — problems that leave therapists exhausted, drained, challenged, alive, racing, and on edge. These dilemmas encompass not only the difficult challenges therapists face everyday, but also the passions and profound disappointments of human intimate partnerships. The purpose of this book is not only to explore and give case illustrations of these dilemmas, but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work.

**couples therapy after breakup: How to Not Die Alone** Logan Ury, 2021-02-02

A "must-read" (The Washington Post) funny and practical guide to help you find, build, and keep the relationship of your dreams. Have you ever looked around and wondered, "Why has everyone found love except

me?" You're not the only one. Great relationships don't just appear in our lives—they're the culmination of a series of decisions, including whom to date, how to end it with the wrong person, and when to commit to the right one. But our brains often get in the way. We make poor decisions, which thwart us on our quest to find lasting love. Drawing from years of research, behavioral scientist turned dating coach Logan Ury reveals the hidden forces that cause those mistakes. But awareness on its own doesn't lead to results. You have to actually change your behavior. Ury shows you how. This "simple-to-use guide" (Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone*) focuses on a different decision in each chapter, incorporating insights from behavioral science, original research, and real-life stories. You'll learn: -What's holding you back in dating (and how to break the pattern) -What really matters in a long-term partner (and what really doesn't) -How to overcome the perils of online dating (and make the apps work for you) -How to meet more people in real life (while doing activities you love) -How to make dates fun again (so they stop feeling like job interviews) -Why "the spark" is a myth (but you'll find love anyway) This "data-driven" (Time), step-by-step guide to relationships, complete with hands-on exercises, is designed to transform your life. *How to Not Die Alone* will help you find, build, and keep the relationship of your dreams.

**couples therapy after breakup: NOT "Just Friends"** Shirley Glass, 2007-11-01 One of the world's leading experts on infidelity provides a step-by-step guide through the process of infidelity—from suspicion and revelation to healing, and provides profound, practical guidance to prevent infidelity and, if it happens, recover and heal from it. You're right to be cautious when you hear these words: "I'm telling you, we're just friends." Good people in good marriages are having affairs. The workplace and the Internet have become fertile breeding grounds for "friendships" that can slowly and insidiously turn into love affairs. Yet you can protect your relationship from emotional or sexual betrayal by recognizing the red flags that mark the stages of slipping into an improper, dangerous intimacy that can threaten your marriage.

**couples therapy after breakup: The State of Affairs** Esther Perel, 2017-10-10 A fresh look at infidelity, broadening the focus from the havoc it wreaks within a committed relationship to consider also why people do it, what it means to them, and why breaking up is the expected response to duplicity — but not necessarily the wisest one." — LA Review of Books From iconic couples' therapist and bestselling author of *Mating in Captivity* comes a provocative and controversial look at infidelity with practical, honest, and empathetic advice for how to move beyond it. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do our romantic expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and compelling book. For the past ten years, Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations. Fiercely intelligent, *The State of Affairs* provides a daring framework for understanding the intricacies of love and desire. As Perel observes, "Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart."

**couples therapy after breakup: *Loving Bravely*** Alexandra H. Solomon, 2017-02-02 As seen on The TODAY Show! "A godsend to anyone searching for, but struggling to find, true love in their

lives.” —Kristin Neff, PhD, author of *Self-Compassion* Empowering and compassionate, and its lessons are universal. —Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we’ve selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven’t done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We’ve all heard “You can’t love anyone unless you love yourself,” but amid life’s distractions and the myth of perfect, romantic love, how exactly do you do that? In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you’ll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you’ll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you’ll be ready to find the healthy, lasting love your heart desires.

**couples therapy after breakup: Credence** Penelope Douglas, 2024-02-13 Three of them, one of her, and a remote cabin in the woods. Let the hot, winter nights ensue in this steamy dark romance from New York Times bestselling author Penelope Douglas, now with bonus material. Tiernan de Haas doesn't care about anything anymore. The only child of a film producer and his starlet wife, she's grown up with wealth and privilege but not love or guidance. And when her parents suddenly pass away, she knows she should be devastated. But she's always been alone, hasn't she? Jake Van der Berg, her father's stepbrother and her only living relative, assumes guardianship of Tiernan. Sent to live in the mountains of Colorado with Jake and his two sons, Noah and Kaleb, Tiernan quickly learns that these men now have a say in what she chooses to care and not care about anymore. As the men take Tiernan under their wing, she slowly finds her place among them. Because lines blur and rules become easy to break when no one else is watching. One of them has her. The other one wants her. But he's going to keep her.

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