

DR. TIM CLINTON
DR. GARY SIBCY

WHY YOU DO THE THINGS YOU DO

*The Secret to
Healthy
Relationships*



A PDF COMPANION TO THE AUDIOBOOK

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SOUL WOUNDS

How Injuries to the Heart Occur

DISCOVERING YOUR RELATIONSHIP STYLE (SURVEY)

The Avoidant Attachment Style

1. I don't like sharing my feelings with others.
2. I don't like it when my partner wants to talk about his/her feelings.
3. I have a hard time understanding how other people feel.
4. When I get stressed, I try to deal with the situation all by myself.
5. My partner often complains that I don't like to talk about how I feel.
6. I don't really need close relationships.
7. I highly value my independence and self-sufficiency.
8. I don't worry about being alone or abandoned.
9. I don't worry about being accepted by others.
10. I tend to value personal achievements and success over close, intimate relationships.

The Ambivalent Attachment Style

1. I really like sharing my feelings with my partner, but he/she does not seem as open as I am.
2. My feelings can get out of control very quickly.
3. I worry about being alone.
4. I worry about being abandoned in close relationships.
5. My partner complains that I am too clingy and emotional.
6. I strongly desire to be very intimate with people.
7. In my closest relationships, the other person doesn't seem as desirous of intimacy and closeness as I am.
8. I worry a great deal about being rejected by others.
9. I tend to value close, intimate relationships over personal achievement and success.
10. When I get stressed, I desperately seek others for support, but no one seems as available as I would like them to be.

The Disorganized Attachment Style

1. My feelings are very confusing to me, so I try not to feel them.
2. My feelings are very intense and overwhelming.
3. I feel torn between wanting to be close to others and wanting to pull away.
4. My partner complains that sometimes I'm really needy and clingy and other times I'm distant and aloof.
5. I have a difficult time letting others get close to me, but once I let them in, I worry about being abandoned or rejected.
6. I feel very vulnerable in close relationships.
7. Sometimes I feel very disconnected from myself and my feelings.
8. I can't decide whether or not I want to be in close relationships.
9. Other people can really hurt you if you let them get too close.
10. Close relationships are difficult to come by because people tend to be unpredictable in their actions and behaviors.

The Secure Attachment Style

1. I find it easy to share my feelings with people I'm close to.
2. I like it when my partner wants to share his/her feelings with me.
3. I am comfortable getting close to others, but I also feel comfortable being alone.
4. I expect my partner to respect who I am.
5. I expect my partner to respond to my needs in a sensitive and appropriate way.
6. Building intimacy in relationships comes relatively easy to me.
7. I let myself feel my emotions, but I'm rarely, if ever, overwhelmed by them.
8. I am able to understand and respond sensitively to my partner's feelings.
9. I do a decent job balancing my need for intimacy with my need for achievement and success.
10. When I get stressed, I feel comfortable seeking comfort from my partner and/or close friends.

Now that you've finished the survey, note the distribution of your circled numbers. What styles do you exhibit two or three traits from? Does one style emerge as dominant? What about your results, if anything, surprised you?

GLOSSARY

Ambivalent relationship style—Style based on fear of being abandoned, a sense of incompetence, low self-confidence, and the desire for a strong protector; these dependent people can be anxious, melodramatic, or angry.

Attachment—A special relationship, bond, or connection with another person(s) that is characterized by strong emotions and continues through time.

Avoidant relationship style—Style impacted by fear of intimacy, lack of trust in other people, and the consequent idea that one has to rely only on oneself; these people struggle with emotional connection, the disclosure of private thoughts and feelings, and with nonsexual touch; people with this style can be narcissistic, disconnected, or compulsively perfectionistic; addictive behavior and angry resentment toward God are disturbing tendencies.

Disorganized relationship style—Style of interacting that is greatly affected by dissociated pain, a shattered sense of self, untold stories of an unresolved past, and a compulsion to repeat the painful past; behavior can reflect both the ambivalent and the avoidant styles.

Dissociation—The ability to turn off thoughts, feelings, and even physical pain and move those experiences to some other part of the consciousness.

Emotions—The physical, gut-felt responses that fuel our behavior and motivate us to act. Emotions are important in relationships because they motivate us to seek closeness during times of stress.

Endogenous opioids—Chemicals released by the brain; God-given painkillers that are the brain's equivalent to heroin.

Hyperarousal—A state of physical alertness in which the body is ready to either fight or flee; a key feature of a person's response to trauma. The heart races, the pupils enlarge, hot or cold flashes occur, and the body is in a state of tension.

Power of reflection—The ability to describe our internal experiences.

Primary emotional reactions—Emotions that come in response to a situation in real time.

Proximity principle—The set point for a child's relationship thermostat. If a child believes Mom is close enough, he feels safe and secure, and he is willing to explore the world around him. If the child believes Mom is not close enough, he chooses whatever behavior is necessary for getting physically closer to her.

Relationship rules—Core beliefs about ourselves and others. Although we aren't always fully conscious of these beliefs, they are a powerful influence on our behavior.

The first set of core beliefs, or relationship rules, form the *self* dimension. It centers around two critical questions:

1. Am I worthy of being loved?
2. Am I able to do what I need to do to get the love I need?

The second set of beliefs form the *other* dimension. It centers around two other important questions:

1. Are other people reliable and trustworthy?
2. Are people accessible and willing to respond to me when I need them?

Relationship style—Behavior in relationships shaped by a two-part set of basic assumptions, conclusions, or core beliefs about one's self and others (see "relationship rules").

Replacement defense—A means of protecting oneself by replacing what is really wanted and needed (parental love) with something else (a love of things). A way of walling off emotions and not letting oneself feel so vulnerable and helpless.

Secondary emotional reactions—Emotions (stress, anger) that are experienced as one is trying to deny or repress primary emotions (fear, pain).

Secure Relationship style—A healthy way of interacting with and relating to people based in confidence about “who I am,” confidence about one’s effectiveness in the world, and trust in others. Secure people are emotionally strong, willing to seek and accept comfort from others, courageous about love and intimacy, and responsible for themselves.