

CORE DIFFERENCES IN WAYS OF MAINTAINING EMOTIONAL STABILITY

(Legitimately Different Ways of Navigating Life)

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Independence vs. Togetherness	Independence First <ul style="list-style-type: none">○ Often prefer to engage in activities and tasks independently○ Rather than assuming responsibility for anticipation each other's needs, each partner expects the other to speak up when they need something. <p>Dream: Freedom. Not being responsible for someone else's happiness.</p> <p>Fear of Accepting Influence: I'll spend my whole life meeting my partner's needs, when she could take care of them herself.</p> <p>Critical Stance: You want me to read your mind! You expect too much! You're too needy! You want me to do things for you that you're perfectly capable of doing for yourself! You're too needy!</p>	Togetherness First <ul style="list-style-type: none">○ Often prefer to engage in activities and tasks together.○ Each partner anticipates the needs of the other, and attempts to meet them without having to be asked. <p>Dream: Companionship. That my partner would take my feelings into consideration without my demanding it.</p> <p>Fear of Accepting Influence: I'll feel like I'm in this world alone. There will be nobody looking out for me but myself.</p> <p>Critical Stance: You live in your own little world! You're self-centered (or selfish)! Any moron would have realized that I needed help. I shouldn't have to ask!</p>
	Present vs. Future Orientation	Invest in the Future First <p>Delay gratification. Work first, then play.</p> <p>Dream: To share a secure future together.</p> <p>Fear of Accepting Influence: If we goof around along the way, we may invest inadequately in our future happiness.</p> <p>Critical Stance: You're lazy! You're irresponsible! You're like a child who has to have everything right now!</p>
Degree Of Structure	Predictability First <p>Seek security, predictability and order first, then experiment within the safe parameters.</p> <p>Dream: To have a safety net so that life feels more stable, less anxiety-provoking.</p> <p>Fear of Accepting Influence: Life will be out of control.</p> <p>Critical Stance: You're reckless!</p>	Spontaneity First <p>Be more structured only if a more spontaneous approach fails.</p> <p>Dream: To avoid boredom. Life as an adventure!</p> <p>Fear of Accepting Influence: Life will be dull and meaningless.</p> <p>Critical Stance: You're boring! You're a coward!</p>
First Reaction To Things You Don't Like	Slow to Upset <p>Getting upset doesn't help anything. Don't make a big deal of things. It's not the end of the world if everything doesn't go the way you wanted it to.</p> <p>Dream: Peace and harmony</p> <p>Fear of Accepting Influence: That life will become a never-ending series of upsets.</p> <p>Critical Stance: You are never satisfied! You're a negative person. You're not happy unless you have something to be upset about.</p>	Readily Upset <p>It's normal to feel upset when something seems wrong, deficient or less than it should be. If nobody gets upset, nothing ever changes.</p> <p>Dream: Justice and quality</p> <p>Fear of Accepting Influence: That I'll have to settle for things that don't seem right to me.</p> <p>Critical Stance: You're detached, unfeeling, and conflict avoidant. You don't care enough to fight.</p>
Resolving Upset Feelings	Problem Solving First <p>Feel better by solving the problem or making a plan.</p> <p>Dream: To have a partner who lets by-gones be by-gones—who has a positive attitude toward life.</p> <p>Fear of Accepting Influence: I don't want to "fuel the fire" by giving her negative feelings too much attention.</p> <p>Critical Stance: You're a hopelessly negative person, a whiner, a victim. Stop feeling sorry for yourself and get over it. Either do something about it or get over it!</p>	Understanding First <p>Feel better by feeling understood.</p> <p>Dream: For someone to understand what it's like to be me. To avoid loneliness.</p> <p>Fear of Accepting Influence: If you let go of upset feelings before feeling understood, you will never feel understood. You'll just fix things on the surface.</p> <p>Critical Stance: You could care less about how I feel. You just want to pretend the whole thing never happened!</p>