

Self-control against failure

What can I do if it is not possible to hold a regular dyalog?

Where it is not possible to hold the dyalog on a weekly basis, it is necessary to find another suitable form of regularity, which both partners can adjust to and rely on.

Where several weeks have passed without dyalog, it is really time to hold intensive dyalogs on exactly this subject. This is important because, in most cases, extended interruptions are the beginning of the end.

Dyalog failure can almost always be ascribed to the fact that the components of the basic structure were ignored. In these cases, dealing with the following questions may help:

- Did the dyalog take place regularly once a week – as recommended – or were they bundled together as a substitute solution? If not, the subconscious golden thread has been lost.
- How long did the dyalogs last? Where they were too short, and therefore superficial and disappointing. Where they were too long, so that the couple asked too much of itself.
- Were each of the partners focused on themselves, did they recognize the forms of their colonialization? Often, couples take the opportunity to out their subconscious feeling of guilt in a **»verbal dispute at a fixed appointment«**. They develop the defence mechanism of the **»relationship crunch«** in which each of the partners has shifted his/her inner focus into the other.
- Did something external disturb the dyalog? Every single distraction, even the expectation of a disturbance, obstructs the subconscious perception and concentration. Thus, a lot of communication gets lost when the dyalog takes place while walking, driving or talking on the phone.
- Did each of the partners make a conscious decision to have a dyalog? Were the dates agreed upon jointly? Many people agree to their partner's wishes without really wanting them themselves. Those who **»cooperate in the dyalog for the partner«**, have not yet recognized the collusion with him/her.
- Do the partners – over the course of several dyalogs – have roughly the same speaking time? In many couples, there is one partner that talks a lot and easily and one partner that finds it difficult to speak, thus speaking less. Both partners should make sure that both have the same speaking time. The silent partner often bottles up those things that are to be kept out of the relationship. His/her input is especially important. Where speaking and listening times are not regulated, it is very difficult to change the conversational style that has developed over the years.

The 15-minute interval has proven itself:

Each of the partners has 15 minutes for himself/herself to speak or be silent. Then, it is the other partner's turn. And so on. Partners who find it difficult to claim something for themselves appreciate this arrangement very much.

The five prerequisites for a good relationship

Five insights make up the **»spirit«** of a good dyalog. They are development goals - and not accomplished facts or given rules. Rather, they are similar to the language of a relationship between two people. In the course of time, we are able to learn it. Every insight transports some fundamental changes in a couple's everyday life:

- We can learn to start from mutual ignorance instead of mutual understanding **»I am not you and I don't know you«**.
- We can learn to perceive our joint subconscious interplay instead of considering ourselves to be two independent individuals: **»We are two faces of one relationship and don't see this«**.
- We can learn to understand regular substantial conversations as being the driver of a living relationship instead of restricting ourselves to simply administrating our relationship with words: **»The fact that we talk to each other, makes us human«**.
- We can learn to say what we mean using concrete, experienced, examples instead of abstract concepts: **»Speaking in images instead of concepts«**.
- We can also learn to see our feelings as subconscious actions with a secret intention, instead of thinking that they come over us from the inside, like fear and depression, or are brought on us from the outside, like illness or feelings of guilt: **»I myself am responsible for my feelings«**.

Recommended reading, in German only:
Michael Lukas Moeller **»Die Wahrheit beginnt zu zweit«**
(Truth Starts In Pairs) 28th edition, 2008, 280 pages
ISBN: 978-3-499-60379-2 · rororo Taschenbuch 9,99 €



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Couple dynamics.
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Self-help for couples

TWO PARTNERS –
ONE TALK - THE DYALOG.

Gaining empathy
Reviving eroticism
Developing the relationship
Having a better self-perception
Identifying and taking opportunities
Solving and – above all – avoiding conflicts
Change roles

A working paper

dyalog refers to a conversation in a dyad.

A dyad (from the ancient Greek word *dýas* = twoness) describes an intimate two-person entity, for example, a man and a woman, two friends, a parent and child or two colleagues. Thus, a dyalog is a conversation between two people that are linked to each other through a close relationship.

The smallest self-help group consists of two people who are in an important dialogue with each other.

Who are these two people?

These two people are:

- above all, the two partners in a relationship, actively contributing to keeping their relationship alive - i.e., also to the best possible spiritual development conditions for their children – as well as being able to better deal with life-changing events (e.g. an infatuation, a crisis, starting a family, grief, change in career, separation, illness etc.)
- Friends or siblings
- Parents with children (insofar as they are able to express themselves in a conversation, i.e., approximately 10 years and older)
- Adult children with their father or mother

In general, the dyalog can be recommended for important, life-changing events as well as for people who mean a lot to each other or work together intensively.

Dyalogs develop and strengthen the relationship

Dialogues strengthen the relationship between two people through a wealth of moments that most of us are not even aware of and, above all, through a growing mutual empathy.

Such empathy results automatically from this form of conversation: each person tells his/her partner how he/she is currently perceiving himself/herself, his/her partner, the joint relationship as well the specific situation. During an important dialogue, one partner makes himself/herself



Two partners One talk – the dyalog

comprehensible for the other instead of passively waiting for his/her partner's empathy.

In an easy and often amazing manner, this exchange of self-portraits overcomes the subtle unrelatedness within a relationship, which can gradually lead to an empty coexistence instead of a vivid togetherness. The ability to talk and listen grows automatically: *learning by doing*.

First Steps

Where both partners favour dyalogs, the first step is to enter into a common agreement with respect to the times for holding the dyalogs. To this end, both partners agree on a fixed, 90-minute, weekly appointment, where they are undisturbed. However, experience has shown that this main appointment is in itself not sufficient. In addition to this, it is helpful to agree on an additional, fixed, substitute appointment in case that the main appointment has to be cancelled. Often, subconscious resistance makes us let both appointments pass. In these cases, a spontaneous appointment can also be agreed upon during the week.

The preceding agreement of appointments has a psychological importance. And it is especially for this reason that it is rejected as »artificial«. Experience has shown that spontaneous agreements quickly get lost in the subconscious resistance.

The basic structure of the dyalog:

The basic structure contains the prerequisites that matter most. Without this framework, dyalogs cannot be successful. This seems such an obvious point that it is often ignored. However, each of its elements is decisive for the effect of an important talk.

- Dyalogs need at least 90 minutes per week of uninterrupted time.
- Regularity is the key to success. This way, the subconscious golden thread is not lost.
- Everybody has an answer to the inner question »What currently moves me more than anything else?« They describe how they experience themselves, their partners, the relationship and their life. Thus, they focus on themselves.
- The conversation does not address any other topic. It is open. Free association also takes place, if you decide to change to a topic-centred dialogue, e.g. with a focus on the person's best prerequisites for love.
- Talking and listening should be done in equal shares. Where this is not possible, changing roles every 15-minute has proven effective.
- Allow yourself to say nothing, and allow your partner to say nothing, as the situation demands.
- In this way the following can be avoided: probing questions, being pushy, as well as subtle or not-so-subtle attempts to simply ignore the partner.
- A dyalog is not a demand to reveal oneself. Everybody decides for themselves what they want to say, or not say, even if the best results come from the widest possible openness.
- The first goal of the dyalog is to make ourselves mutually comprehensible. Only then are we able to really experience each other. If we have learned this, we begin to understand what a relationship can be. Other goals arise by themselves. They change in line with the development. In this way, many partners experience a revolution as a couple.

Apart from this, there are hardly any rules. If both partners contribute to this setting, it, for its own part, provides everything that is needed. Above all, it ensures the subconscious self-regulation of the development as a couple.

Focus on yourself

Some experiences can be helpful for the beginning:

- I can never manage to change my partner although there is nothing that I would like to do more. At best, I can succeed in changing myself. Then, as a result, the whole relationship will change – including my partner.
- I always try to shift the spiritual focus from myself to my partner. Then, I find myself with my experiences in my partner – and have avoided myself.
- When – while talking to him/her – I reproach my partner, which often happens, I should “transfer” exactly this reproach to myself because I almost always reproach someone in order to eliminate the subconscious pressure of self-reproach.
- A strong subconscious resistance tries to prevent the dyalog. It often leads to the cancellation of the dyalog so that the whole situation comes to nothing. Therefore, we can say: regularity and continuity is all that matters – the rest will come by itself.

The Push-up allegory

Many people despair of their own ability to develop. »I basically lack almost everything«, they say and believe that they can neither talk nor perceive themselves nor make a decision nor be a good listener. These people may derive comfort from the Push-up allegory: If a physically untrained person wants to do thirty push-ups, they will probably manage two and a half – however eager he/she may be. However, if they practice every second day, up to the limit of their ability, they will be able to do thirty push-ups in three months' time. Muscles grow gradually, and so do psychological skills. Where the couple maintains the dyalog, both partners will learn to speak and listen. However, if they stay in the normal speechless co-existence of a double-single life, they will lose these skills – just like you lose untrained muscle. Thus, all you have to do is not give up. Keep learning doing, practicing experiencing.