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Niculina Gheorghită

The couple companion, a healing resource

A practical guide to quantum psychology

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We know
books

Chapter 1

Who are we as adults?

To begin with, it is good to know that we have a great capacity to build a new operating mind if we have the will and know how to do it.

Dr. Daniel Siegel explains it in the paragraph below taking about this chance and what happens neurologically when we consciously act to build a new mind.

Couple relationships are a special context that support this. | **"Mind continues to develop throughout our entire life. Her framework is shaped by the brain activity. Recent findings in neuroscience suggest that the brain continues to develop both new connections and new neurons throughout life. The connections between neurons determine how mental processes are created. Experience structures neural connections in the brain. Therefore, experience shapes our mind. Interpersonal relationships and self-reflection foster the everlasting development of the mind."** {Dr. Daniel J. Siegel}

Who are we as adults?

Adults - children inside big bodies

Within the IMAGO theory, I found the following information that sparked my special interest in the research on the human being.

"What's within after 12 years, was out in the first 7-12 years of life in the most significant relational environment."

Harville Hendrix

This entails two important principles.

Since childhood, self-development and self-knowledge have emerged from our commitment to others and not from self-contemplation and preoccupation. We are relational creatures who get to know and become themselves only in a relational context.

For example, at the neurological level, the way we are mirrored by our caregivers determines the degree to which the brain's hemispheres get balanced and the lobes get integrated.

On a psychological level, the observer effect is the mirroring of the other without which the self cannot come to exist, and if the self that begins to exist is chaotic or rigid, or vice versa, oscillating between attention and energy flow depends on the quality and the consistency of that mirroring.

This means that our perspective about ourselves depends on how we are reflected in the eyes of the significant observer.

In childhood, the significant observers used to be our mother, father, caregivers, and in adulthood, they are our partners and children.

Initially, we see ourselves as others see us and as they reflect back on us. If their mirroring resonates with our experience about ourselves, then we are at peace with them and within ourselves, and we get to experience connection.

If mirroring does not resonate with our experience about ourselves, then to discover who we are, we tend to separate and get isolated rather than differentiate ourselves from others and their perspective on us, thus declaring: "I'm not like that".

Thus, through the process of denial, we discover that we are not like that, and through the process of affirming, we realize that we are exactly like that. Both are defensive and neither of them does not tell us apart. If our attempt to separate ourselves is not supported, then we identify with the caregivers' view of us and develop a self-view that is opposed to the caregivers'—and thus, we spend our whole lives trying to defend it. In other words, self-statement is the failure to differentiate ourselves.

The trauma of this separation becomes the drama of the next intimate relationships.

In contrast to the substantial self, the differentiated self is wave-particle duality, a process oscillating between the poles of knowing the other and being known by others, being aware of how different and similar we are to them and to their perspectives of us.

The quantum self is neither known nor unknown. Yet, it is an oscillation between these two poles.

This statement made me realize that every adult is a child in a big body and has the same need for affection, attention and importance.

Many times, we, the adults, while involved in relationships, after the period of falling in love passes - when we manifest the fulfillment of these needs for our partner - we reach a stage where we seem to be sure that he will stay with us forever, and that's it! We no longer get involved in satisfying our partner's needs.

In fact, we get into a routine that destroys our relationship day by day if we are not present and conscious about it.

It is important that we return to the concept related to the idea that our companion or relationship partner (colleagues, brothers, sisters, etc.) is also a child in a big body himself.

This means that both children and adults need on a current basis:

- appreciations
- attention
- relevance

How can we do this?

I found some very simple and handy methods that I am heartily offering you:

a. To fulfill the need for appreciation

Those around us need appreciations to discover and bring to the surface the necessary talents and potentials for self-affirmation. That's why I recommend that you give your partner and those in relationships to make at least 3 appreciations daily.

Uttering these words is quite important because we use the magic word - *I appreciate* - and when his/her brain hears it and processes the information, it secretes a certain kind of chemistry that gives him the mood for joy, self-confidence and motivation.

The optimal form of wording for appreciation goes like this: *I appreciate the fact that ...*

This word "appreciate" calms his old brain and he starts to feel safe, relax and communicate.

So, he can experience the state of joy and the feeling of being important and seen by someone.

b. To fulfill the need for attention

Very often, when our partner or those in our relationships want something from us, we respond on autopilot, as we got to be treated in our childhood: *In a minute!* or *Wait until I finish what I started. Look for your own. You can handle it yourself a.s.o.*

Most of the time, we think that he is just too big to handle himself -why can't he do it on his own - and this is how we start to judge an adult without realizing that it is an unfulfilled need from childhood, and if he is asking for it, it means that it is necessary and important for his own good working state and your relationship with him.

This is what we received from our parents and this is what we pass on.

Yet, this kind of behavior will make the partner stop asking you for help, isolate himself or look outside for someone who can respond to this need. Now, we are aware that there is a child in a big body, and that at that moment, he needs our attention because either he's tired from work or he's had a stressful day, or he's upset, and through the attention we give him when he needs it, his brain will secrete a chemistry that will help him feel better. This way,

he will realize that he is not alone in life, that he has somebody's support, he has a connection with someone.

It is possible for his requirement to be minimal, for example, to bring him something from somewhere, but by giving him/her support, he/she will perceive it as attention that you are giving him/her, and thus, you get connected.

In fact, when one partner comes home, it is important that the other to wait at the door to establish the connection necessary for the relationship to work well. That is, the one who is at home waits for the other, makes eye contact, gives hugs and all the attention necessary at that moment, and so, the connection is made quite easily.

Consequently, what we have to do is this: when he asks for our help, we should offer it right away - only if you are not in a state of unavailability. And even so, let him know what you are doing at that moment if you cannot get back to him/her but assure him/her that you will go as soon as you become available again.

c. To fulfill the need for relevance

There is a childhood need, often unfulfilled, as parents do not know or cannot do something special for us.

When someone does something special for us, we feel important.

And when we feel important, we simply fire up ourselves in everything we want to do in life.

You can apply this very simply by doing something special for him/her.

When letting him know about your intention, I recommend you tell him that it is something special for him/her.

For example, you make him a cake, a dish, or he wants you to play a game with him, or go dancing, you want to go to a restaurant or somewhere where it's just the two of you, that is, it is a special moment just for you.

When this happens, the brain of the partner you are doing something special for will secrete a chemistry that will help him increase his self-esteem and self-love.

That is, he will realize that he is an important part of the universe, of your life, of his family, and this will increase his responsibility and joy for life.

These kinds of behaviour help the child inside the mature body to be able to enjoy life and fulfill a primal need, that of being connected within a relationship.