A photograph of two elephants in a savanna setting. The elephant on the right is facing forward, while the one on the left is in profile, touching the trunk of the first elephant. The background is a soft-focus landscape with a blue sky and a light blue vertical bar on the left side of the image.

INTIMACY FROM THE INSIDE OUT

COURAGEOUS COMMUNICATION, TRIANGLES

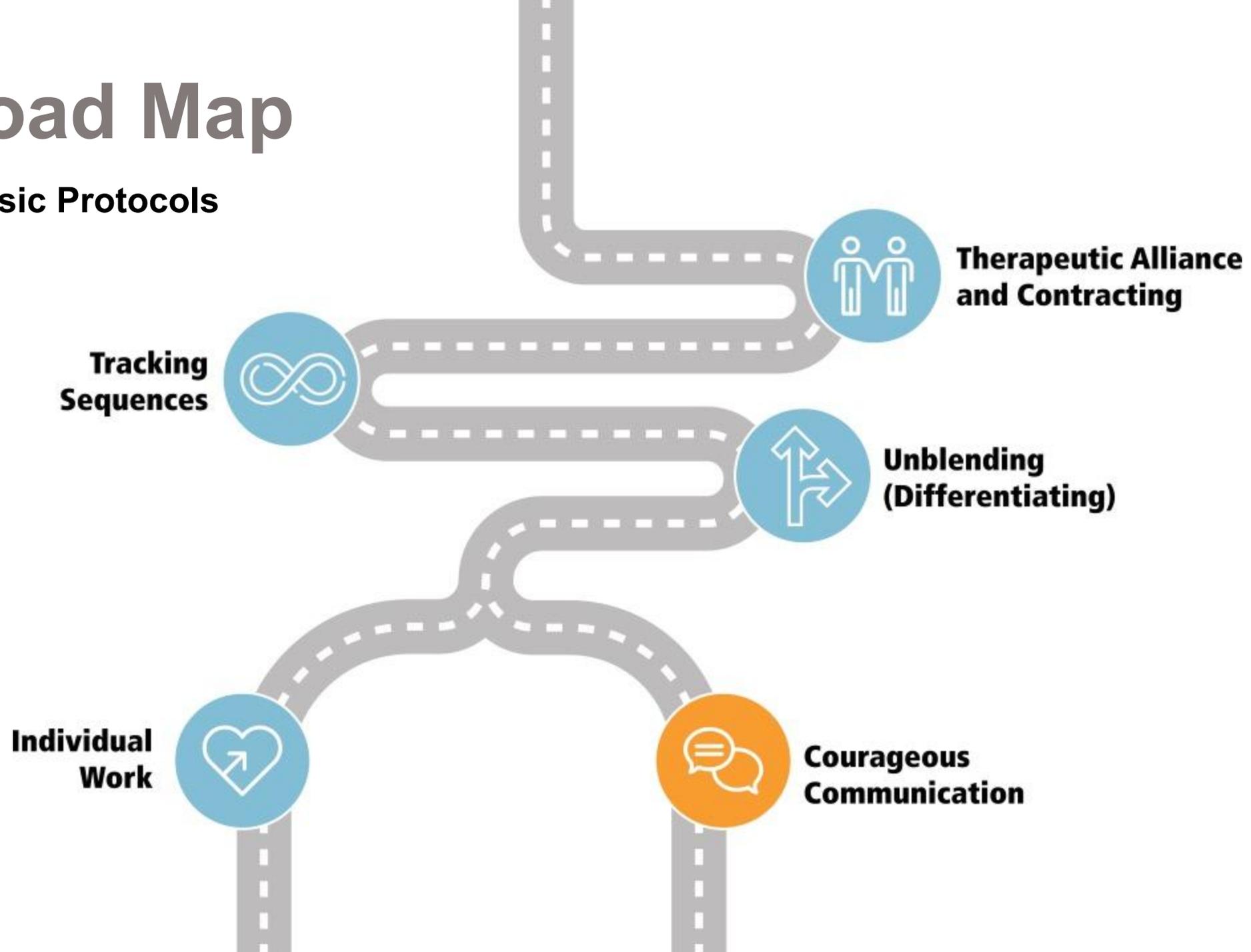
Toni Herbine-Blank

BASIC TRAINING: MODULE 4



Road Map

5 Basic Protocols





How do you communicate?

What works and what does not?

Not all relationships struggle with communication.

It is important to **ask**, not **tell** the clients.

What areas of communication do the clients need help with?



Courageous Communication

Unblending and speaking on behalf of parts from Self

Responsible, non-harmful self-disclosure

Allowing impact. Growing empathy.

Help couples learn to do what is difficult

- >> Unblend to affect regulation
- >> Hold on to reactive parts that want to attack or withdraw
- >> Learn to build empathy which in turn leads to:
 - Rewiring the brain
 - Breaking patterns of reactivity
 - Ability to share vulnerably





The Effect



- A less shaming way to support individuals to take responsibility for feelings and actions
- Helps people safely move from protection to vulnerability
- Takes the onus of wounding or healing off the partner(s)
- Learn effective ways to get needs met



The Dilemma

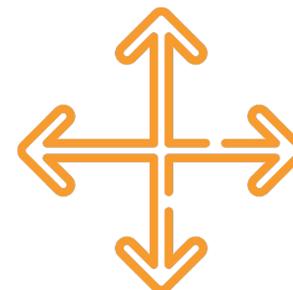
Our Parts **desperately want to be heard and understood** but believe the only way to get needs met is to **bully, manipulate, demand or threaten.**



Our Goal



Self-regulation
(Self to Part)



Co-regulation
(Self to Part, Self to Self)

*“You are not a threat to my survival.
It takes time to learn, it’s not automatic.”*



In the Beginning We Don't Dialogue

We help partners learn a new skill:

- > Speaking and listening consciously and courageously by unblending**



Facilitating the Process



- Describe the process
- Contract to be a Parts detector
- Determine who will speak and who will listen



Work With the Listener

2

UNBLENDING IS CRUCIAL

- Validate: *listening can be challenging*
- Body scan: check for Parts that might struggle
- Address fears

REMINDERS

- *You're listening to your partner's experience—not the truth about you.*
- *I'm here to help you*



Support the Speaker



- Unblend (affect regulation)
- Attention to intention
- Speak on behalf of Parts

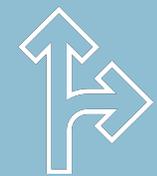
Shame and the Importance of Responding

- > *When someone self-discloses and is not met with kindness, attunement or understanding, it will likely evoke shame and then a protective response.***
- > *The therapist must supply that if the partner(s) do not.***



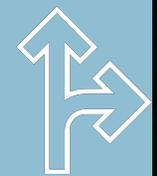


Triangles



Triangles: Staying in Self in Three



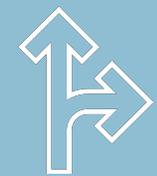


Dyads Are Unstable

Couples struggle with **closeness and distance**

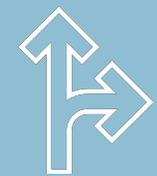
It can be a challenge to balance needs for **togetherness** and **autonomy**





Psychiatrist Murray Bowen had a theory that may not apply to everyone. The next slides talk about his theory.

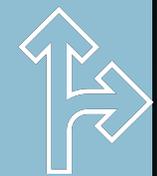




Bowen taught that the triangle is a basic **building block** in any **emotional system**

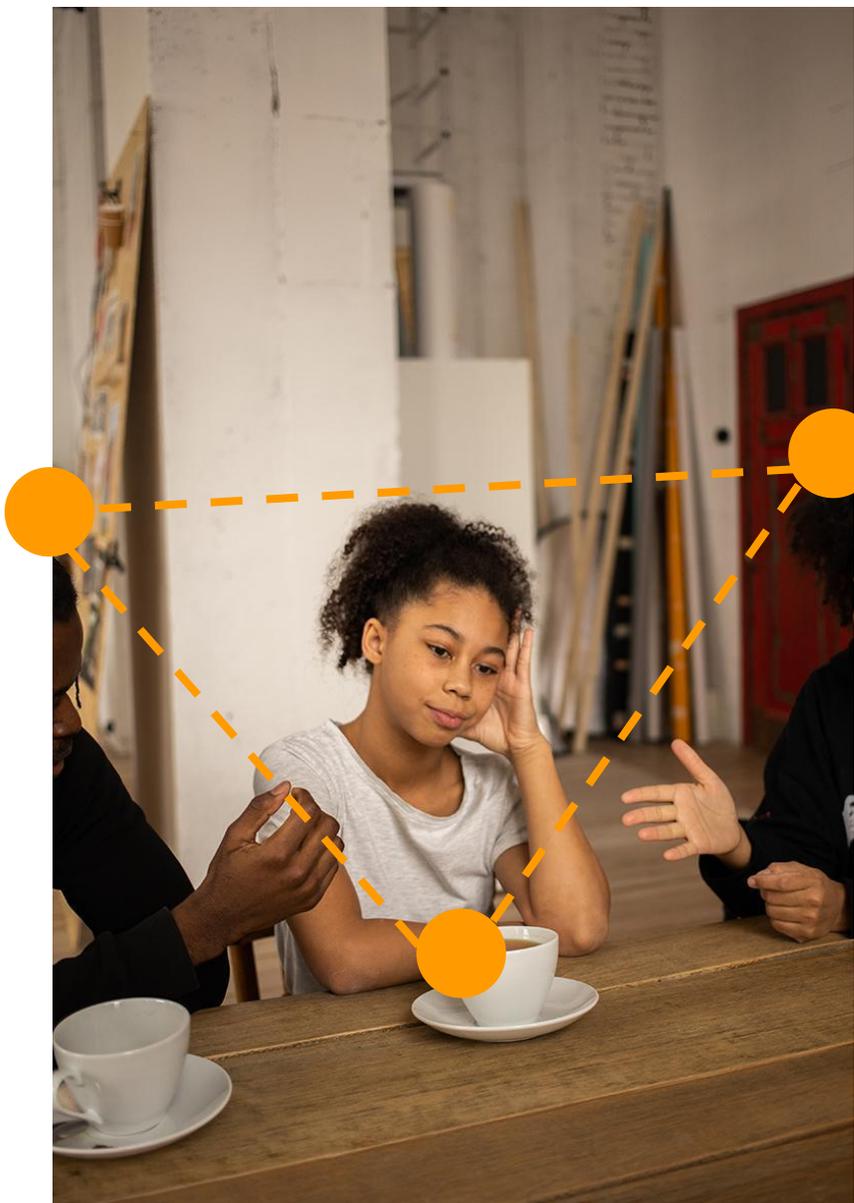
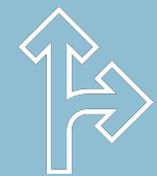
This third person relieves **anxiety and tension** in the dyad

This results in **two insiders** and **one outsider**

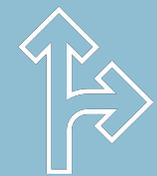


Dys-Regulated Dyad





**A triangulated
third will
(temporarily)
ease the tension
in the dyad**



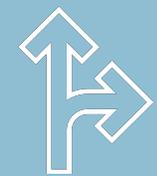
The Therapeutic Task:

Self-leadership

The more **differentiated** (Self-led) each individual is, the less likely they will need to triangulate

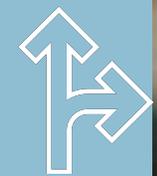
The more **emotionally reactive** (responding from Parts) the more likely to triangulate

Your couple may try to **induct you** into a triangle to take sides



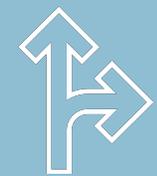
IFIO goes beyond stabilization to lasting connection through the U-turn

Internal differentiation facilitates the Re-turn leading to safety and authenticity



As a therapist, who are You in a Triangle?

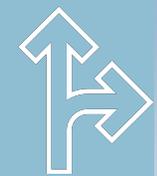




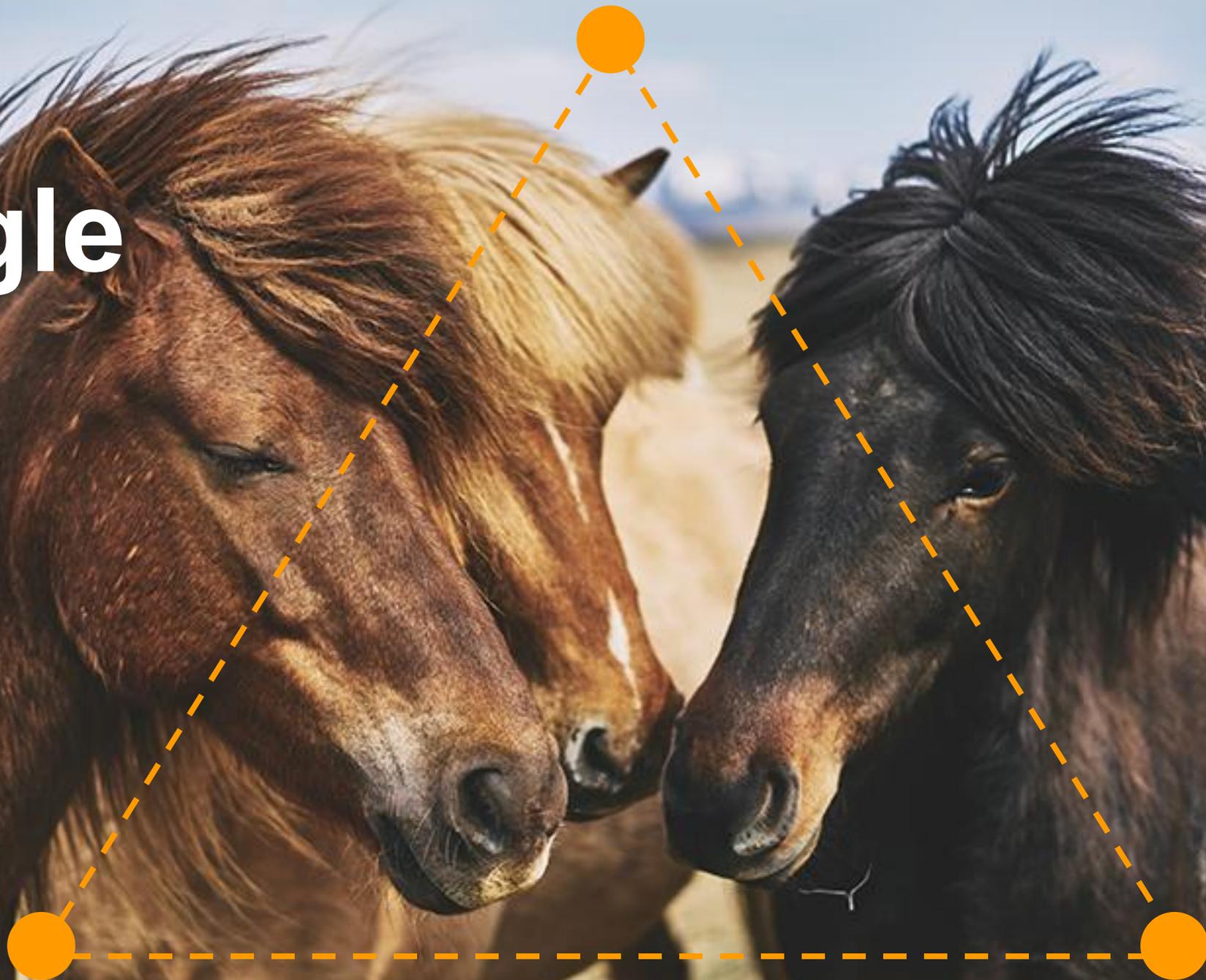
If you are not aware of your role(s) in your family of origin, your parts may adopt those roles with a couple in treatment.



As you bring awareness to these Parts, you will more easily manifest Self-energy in the therapeutic triangle.



Safe Triangle





ToniHerbineBlank.com

