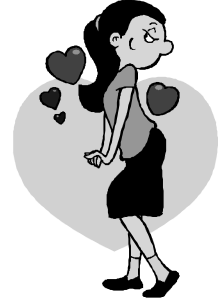


# RECOGNIZING EMOTIONALLY UNAVAILABLE RELATIONSHIPS

*Good Judgment comes from experience.  
Experience often comes from bad judgment.*

## Romeo/Romiette

- Offers an intense, admiring connection that feels warm and sincere - romantic focus is flattering and you are the center of attention - one-sided emotional investment – does not reveal self.
- You are the “object” to be conquered, rather than the friendship to be cultivated. Once the conquest is accomplished, the thrill is gone – attraction is over – Romeo/Romiette disappears.



## Indiana/India Jones



- Fueled by adventure and excitement – value comes from what he/she does, not who he/she is - is in the central role focused on events and thrilling new accomplishments.
- As long as you are the awed spectator/supporter, the relationship continues. If you ask for more of an emotional connection – Indy takes off.

## “Tens” and Other Trophies

- Relies on physical attractiveness to enchant without real emotional connection - presents an illusion of connection without giving anything back - your job is to admire and compliment.
- Relationship gets tiring and unfulfilling – there is no emotional connection available – only physical beauty to be admired.
- Can attract “trophy hunters” who get a rush of pride and accomplishment through association. Both roles are self-victimizing.



## Mama’s Boys and Daddy’s Girls

- Does not take ownership of behaviors or consequences – expects you to take over where the parents left off in removing consequences, making things easy, spoiling, taking care of his/her need for attention, fulfilling wants, needs, desires, etc.
- If you stop being over-responsible and the only adult in the relationship, the relationship cools.

## Alco...Coca...Fooda...Worka...Spenda...Shopa...Sexa...Sportsa... “holics”

- People who get focused on one behavior to the exclusion of anything else – including their relationships. They demand unconditional and absolute devotion to them and their obsession. Their expectation helps the “holic” stay in control of you without having to

exert much effort. Note: Addiction definition: Repetitive behavioral choices that reflect obsessive focus. There are two groups: Behavior “holics” and Substance “holics.”

- You will always play second fiddle to the obsession. You will never be powerful enough to cause your addicted person to change, give up the substance, behave responsibly, or treat you the way you want to be treated.

### **Emotional Einsteins**

- Puts everything into intellectual terms – safely away from facing emotions – will run from any display of emotion or request for sharing them.
- If you want a relationship devoid of life’s intense emotional moments and filled with the frustration of not getting your needs met there – Einstein is for you.



### **Narcissists – “I Only Have Eyes For Me.”**



- Believe firmly that the center of the universe is firmly behind their eyes and expect you to share that belief without question or qualification – aura of grandiosity, entitlement, and lack of empathy. They understate their challenges and overstate their accomplishments. There is a lack of empathy and an entitlement complex.
- Narcissists choose to relate with “pleasers” – they can control by fear of abandonment. Nothing is good enough for the narcissists – you will never measure up or please enough.

### **Eels and Other Slippery Creatures**

- Get what they want without commitment to the relationship – always distant goals to accomplish before there is time for the relationship. Slippery Creatures can move in, share checkbooks, even have a child with you, but what they won’t do is give his/her word and keep it. They can’t tolerate clear expectations, clear limits or adult relationships.
- You get hooked believing in the promise for the future until you finally face that this slippery eel will not change.

### **James and Jamie Bond: Spies and Lies**

- Evasive about own history, friends, job, and background – keeps secrets – avoids predictability – has problems with the truth and being honest which makes trust impossible.
- If you approach with questions, wanting answers, you will be accused of not trusting while he/she avoids the issues. When you keep at it, he/she will sometimes run, but usually will hold on as long as you are willing to be blind to these protective and often cover-up behaviors.