

METAMATING SERIES

How to Build a
Happier and Happier Relationship



Posbonding

Book Six
Troubleshooting Bonding

Metamating Series: Book Six — *Troubleshooting Bonding*

<http://www.HowToBeHappier.com/>

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(Nobody likes to read this kind of stuff. We wish we didn't have to do it.)

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You will notice a number of strange words throughout this book. I use these words to describe functions that occur in your mind. These functions have not been given names by science or other students of the mind, so, I created words to use, and often I used words that suggest the meaning. For example I use the names "Importancizer" (giving importance to something) and "Comparator" (comparing one thing with another).

Sometimes I used acronyms, such as "TWIPI" (The Way I Perceive It) and "TWISB" (The Way It Should Be" according to at least one part of my mind).

Until real scientists name these functions, I guess you and I will have to be stuck with this odd vocabulary. I'm sorry that you are put to the task of using and recalling this rather unusual set of words.

See also: www.Sagery.com

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Preface — How to use This Book

Note: There are four books on the subject of Troubleshooting, in the “Metamating” series of books:

- Book Three: Attraction
- Book Four: Courting
- Book Five: Infatuation
- Book Six: Bonding (the book you are about to read)

It’s important that you’ve already read Books One and Two in the “Metamating” series, before you read any of the Troubleshooting books.

Troubleshooting starts by identifying a problem, so that you can do something about it. Sometimes you can solve the problem by just identifying it. But, sometimes you might need to change something.

For example, you might have a strong reaction to something you read. Make a note of it. That reaction probably signals a strongly-held belief that may be giving you problems. If you can get your problem solved without changing it, then don’t worry about it. If you find yourself stuck on either identifying your problem, or on solving it, then go back and examine each of those strong reactions you made a note of. It may be helpful to review the concepts in Book Two: “The Sage Model.”

When you’re ready, use the Table of Contents for this book, to check off the subjects that are of interest to you, or seem to be troublesome. Read the Introduction that follows, then read any of the troubleshooting chapters that you wish.



Introduction to Bonding

Bonding is the name for the connection you make in your mind between the satisfaction you get from satisfying a need, and the object that provides the satisfaction.

Needs

You have a strong need to pair up with a partner. When you find a partner who is willing to pair with you, you feel a feeling (love) as the need is satisfied. Your partner is what made that feeling possible for you and you attach (bond) the feeling to your partner.

Let's get more general for a moment. You have many needs. One is for comfort. Any object that provides you comfort becomes attached to the satisfaction you feel as the need for comfort is satisfied.

You have a need for friends. When someone satisfies that need, you feel a feeling (friendship, or love). You associate your feeling with your friend, thus you are bonded to that person by friendship.

You have a need to have a child or children. When you have a baby, you satisfy that need. The baby is the object that gives you the feeling you get when the need is satisfied (love for a child). You're bonded to the child by the feeling you get as your need is satisfied.

You have a need for work, or some expression of yourself that provides satisfaction for your need to accomplish, achieve, create, etc. You feel a feeling (love of your work) that bonds you to your work (if your work satisfies your work needs).

You have other needs, as any human being does. Anything that provides you with the satisfaction of your need is *bonded* to you by the feeling you get from satisfying the need.

Love

Now, back to love, as we know it. The need for a pair bond may be the most intense of all the needs we humans have (this is especially true before midlife). You have a need for a pair bond. The intensity of that need is variable from one person to another, but you have a need for a pair bond. When you meet your partner, you feel the intense satisfaction that comes from satisfying that intense need. That feeling you get when you satisfy it is the feeling we call love. That kind of love differs from other loves that you have. You can love your job, your boat, your car, and the love you feel is different from the love you feel for your partner. You can love a friend or many friends, and the feeling you get is different from the love you feel for your partner. You need friends, and you need a partner. Each need is different, and the feeling you get when you satisfy that need is different.

So, love is the feeling you get when you satisfy your need for a pair bond with your partner.

Now, suppose you are attracted to your partner, you court, become infatuated, and fall in love. Every time you feel that feeling of satisfaction (love), you're creating another shared positive experience (a positive bond) with your partner. Love grows as you create more positive bonds. If you have one, it's love. If you have ten, your love grows. As you have 100, your love grows more still.

Every time you see your partner, and use your Us-part to process, your partner puts you in touch with that growing pool of positive bonds.

The more intense the feeling of satisfaction, the stronger the positive bond that's formed. So, the value of infatuation is that it creates very intense positive bonds out of situations that might otherwise be very ordinary.

One more thing. Sometimes you might have a negative experience with your partner. For example, you and your partner have a fight, and your partner withdraws. Your satisfaction of your need is momentarily threatened. You feel an intense feeling (maybe fear, anger, loneliness, grief, etc.), as your satisfaction is threatened. This also causes a *negative* bond. In this case, your partner is bonded to you by a very intense negative feeling. With time, and more disagreements, you accumulate a larger and larger body of bad feelings that bond you to your partner.

So, bonding is the result of shared experiences that put you in touch with feelings. Those feelings form a bond between you and your partner.

You can bond with your partner on other feelings as well as love. For example, when you have a child, you each bond to the child and feel love for a child. At the same time, you're sharing a mutual experience of loving a child, and that shared experience forms another bond between you.

Suppose your partner suffers a death in the family. Your partner feels intense loss and the feeling of grief. You feel grief also. You share your feelings of grief together. This is an example of a bad experience that forms the source of another bond of love between you.

To Summarize and Simplify

Bonding is the part of the pairing process that builds bonds of love between you and your partner. You may also bond on other feelings, some negative, like fear or anger, and some painful like grief.

The more intense the feelings of love that are shared, the stronger the bond that results. The more often that feelings of love are shared, the stronger the bond. So, you can build a strong bond out of a few very intense shared experiences, or a large number of low intensity shared experiences (or any combination).



Chapter 1: Your Only Bonds are Sexual

During infatuation, the feeling of love is very intense. You want to shout it out, to paint it on the wall, to quickly share it with your partner. After infatuation, the feeling is subtler. It can pass without notice if you let it. You can learn to recognize it each time you feel it and can learn to mark it by sharing it with your partner. You can do it with a touch, a look, a sound, or any sign that your partner will recognize. Your long-term relationship will benefit by building as large a reservoir of shared positive bonds as you can.

Valerie

Valerie said, “Soon after we met we had sex. It was the most incredible experience of my life. We were terrific together sexually. I just couldn’t get enough sex with him, and he felt the same way. After four months, we decided to get married, and we did. Gradually the sexual excitement faded, and we had to find other ways to communicate and other things to do. I began to realize that the only thing holding us together was the memory of the wonderful sex, and yet that was over, and we couldn’t seem to get it back again. I became very depressed and we began to fight over everything.”

It wasn’t that Valerie and her partner had too much of a good thing. The problem was that they didn’t have enough of other things. Sex is the basis for good solid bonds if the feeling that is satisfied is love, and not simply the need for sexual gratification (felt by the Me-part). Sex does not hurt bonding; it just isn’t enough by itself.

Valerie and her partner were taught to mark positive bonds and they were able to gradually build a large reservoir of positive bonds from their daily experiences of living together and caring for each other. They will, with work, be able to accumulate the bonds they need to sustain and support a loving and satisfying relationship. But, as Valerie said later “I wish I had known how to tell the difference between my feeling of love, and my feeling of sexual gratification. I also wish we had learned to mark positive bonds when we were so excited about each other. If we had, we wouldn’t have felt so empty when the hot sex was over.”

For your information, sex with your partner creates two different kinds of satisfaction of a need, two different feelings. Orgasm creates a powerful feeling of sexual satisfaction. That’s one feeling. Sharing something that feels good with your partner puts you in touch with another feeling. That feeling is love. In the excitement of sexual relations, it is easy to feel one and let the other slide by unnoticed.

Valerie was taught to feel both feelings; first, the sexual gratification, then afterwards, the warm glow of love that she discovered she felt towards her partner. She now concentrates on the feeling of love, focuses on it, feels it to its fullest, and then marks it by communicating that feeling to her partner.

If you learn to mark your positive bonds by becoming aware of the feeling of love every time it comes to you, and mark it by communicating it, then you will build a large reservoir of shared positive experiences of the feeling of love.



Chapter 2: You Have Many Positive Bonds, but Many Negative Bonds Also

Matt's story: "We had a very stormy romance. We were both getting over other relationships, and our lives were in turmoil. One day we would be madly in love and joyful, the next we were fighting like cats and dogs. After it all settled down and we were living together, I couldn't make up my mind about marriage. I didn't know whether I loved her or not. Sometimes I would get in touch with all the wonderful things I felt about her, and knew that she felt about me. Then, quick as a flash, I would find myself thinking about all the bad times I had gone through and all the fights we had."

Matt and his partner were bonded with very powerful positive bonds, as well as some very painful negative bonds. In addition, Matt had attached the feelings of turmoil that he was going through to his memories of his first months with his partner.

So, thinking about his partner could put Matt in touch with the good and joyful feelings, as well as the painful feelings, as well as the feelings of turmoil connected with his relationship.

Matt resolved his doubts after he understood the Sage model and learned the coping strategy covered in Book Two. He discovered that he was bonded to his partner with at least three feelings. He learned that he could separate those feelings and could deal with each of them differently. He learned to mark his positive bonds, and to handle his negative feelings in such a way that they wouldn't cast any doubts upon his feelings of love for his partner.

Matt and his partner each learned the coping strategy, and each undertook to learn how to be great partners. They are now equipped to build a solid, loving and satisfying relationship day by day. As time goes by, they will build more powerful positive bonds, and the force of the negative bonds will dissipate as they are no longer being reinforced.

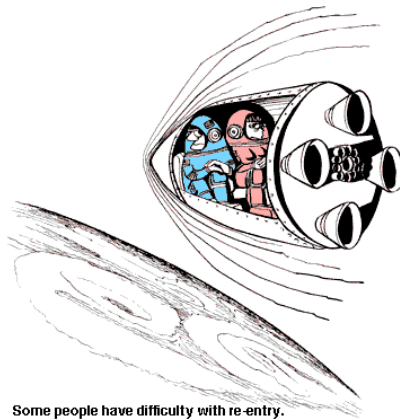


Chapter 3: You Were Bonded with Exciting Romantic Events; Now Nothing

Phil's story: "We met on a three-week tour of Europe. By the second week we were lovers, and we toured the magical city of Paris together. The trip and Doris were the highlights of my life. We both loved touring so much, when we got back to New York, we spent most of our weekends touring other famous attractions. We spent a romantic weekend in Maine. We saw the cherry blossoms in D.C. and were enchanted by the Niagara Falls. I used up half my savings taking her to fabulous romantic nightclubs, and everything we did seemed magical. Then we married, and settled down to ordinary living, and all the magic and excitement are gone."

Phil's problem was that the magic of Doris, the nightclubs and touring were mixed up together. When infatuation wore off, he began to assume that the magic of Doris was really not Doris, but the places and sights they had seen together.

Phil gave credit for his positive bonds to the places there were, and the things that they did. He concluded that because now that they weren't going many places the excitement was gone.



The answer to Phil's problem came from understanding the pairing process and understanding that the magic really came from his feelings for Doris. The places were incidental. Phil did an exercise that brought it home to him. He was asked to spend an hour by himself, getting in touch with his feelings of love for Doris. He was instructed to write down each time he could remember that he felt that special feeling for her. On a separate list, he was to record each time he felt the excitement and curiosity of touring a new place. When he did the exercise, he found the two lists were quite separate. He had many occasions when his feelings came from a touch, or a word, or a glance from Doris. None of them were attached to the touring excitement. Phil gave up his concern about his relationship, and began to be aware of every time he felt that special feeling and then he would mark it by sharing his feeling with Doris.

Until we understand the process and the way our minds work, it is easy to be confused about what happens. Phil now knows the difference between powerful feelings of love, and the exciting feelings of exploring and seeing new things.



Chapter 4: Bonding on Ordinary Events Seems Boring or Unexciting

Harry and Betty were an example of a couple where one is infatuated, and the other is not. Harry had to learn the pairing process to discover that infatuation isn't love, and isn't required in order to bond and develop a loving and satisfying relationship.

Harry and Betty

Harry: "When I was dating Betty, she was really in love with me. I didn't feel that much, but I liked her a lot. Everything we did together was exciting to Betty. She would get this glow on her face, touch me and tell me she loved me. I felt really good about those moments, but I knew down deep that I wasn't feeling as strongly as she was. She made a big deal about "our song." I gave her a flower, and she pressed it and promised to keep it forever. I began to think there was something wrong with me. I thought, maybe I can't feel things like other people. Or, sometimes I thought, I must not love Betty. I Just couldn't get that excited about things the way that she did. Now, she wants to get married, and I want to marry her, but I'm worried that I don't love her as much as I should."

In some ways Harry is fortunate not to have gone through infatuation. He formed many loving bonds with Betty (which he discovered when he learned to recognize his feelings of love), and he did it without the massive excitement and turmoil that infatuation can cause. Harry quickly developed the practice of marking his positive bonds, and was then able to share Betty's markings of hers. Just knowing that what they were doing was the best way to build a loving relationship took all the pressure off of Harry. He no longer had the distortions in his TWISB that were causing him doubts.



Note: there are three more troubleshooting books in the "Metamating" series. They cover

Attraction
Courting and
Infatuation.