



# *Get Your Partner to Do What You Want*

*Become a Strong Partnership and Create a Well-Oiled Machine*

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### *Why do you get stuck?*

**We get stuck in our relationship because we are power-struggling to be seen and get our needs met...**

Partners often share that they only have issues with their partner. That everybody else likes, loves and appreciates them. They can't fathom how come their partner doesn't value them in the same way.

The reason is that the inherent psychological mechanism of intimacy and unity of a romantic relationship trumps that of any other relationship. It is much easier to get along with others than with a romantic partner. Even if others are challenging and even if a lot is riding on another relationship, it will never compare in terms of emotional significance.

Our romantic/intimate/significant-other relationship is the closest version to that of our primary relationships growing up...

### **How we are glued together**

When partners are asked why they are with their partner, aside from the practical and the other's characteristics they enjoy, they have a difficult time knowing why. This is because the attraction and glue are an unconscious mechanism and not an actual choice...

## First Stage – Infatuation

We are attracted unconsciously and find the differences (oppositeness) refreshing and reassuring. We find the quirks cute! Little do we know that this will be a source of contention and angst as we make higher levels of commitment.

The attraction is to a *familiar composite* that creates the glue between partners. It is made-up of:

- › Caregivers' Characteristics & Parenting Imperfections
- › Repressions (due to socialization, comments, rewards, role modeling, etc. that cause us to truncate parts of our Self)
  - a. *Lost Self* (body taboo, forbidden feelings) and *Disowned Self* (reframed / denied negative characteristics)
  - b. *False Self* (coping mask / character defense)

As the unconscious mind scans the environment for our love interest, it falls in love with a person who matches our Composite... So, here we are involved with a person who can hurt us the way our caregivers did and who has all the parts of our Self that we are not in touch with... This is *Mother Nature's* way of giving us a second chance to get what we didn't get growing up and to address the unresolved issues of childhood – to heal and become whole (to grow our Selves up by connecting to our other Parts...).

The Composite creates safety and joy on one hand and the ability to generate the pain we experienced growing up on the other... We enjoy and relish the good stuff, but it is the challenging stuff we watch out for as an emotional survival mechanism... The unconscious mind actually fears its own death, annihilation, extinction and will do anything to protect itself (using all kinds of defense mechanisms)...

This attraction creates a relationship where unconscious hurtful patterns from childhood get replicated (each other's defenses engage in a dance of sorts) and where our stuck development stage gets the spotlight (our shortcomings get the best of us)...

This obviously leaves us in the predicament where eventually our partner feels like the enemy...

## Second Stage – Power-Struggle

Once a higher level of commitment is made, the unconscious mind sees the Match as the primary relationship... It doesn't realize this person is not your caregiver(s), that you are older and that you are not in your home of origin. The partners are operating as if they are still in their primary relationship(s) and from their stuck developmental stage! They are functioning with outdated and poorly equipped operating systems...

The beauty of this is that the attraction is to someone who replicates the pattern of how we were wounded and how our needs were not met. Our partner has just as much of a hard time meeting the needs as our caretakers initially did... We are attracted to the type of person that is least likely to be able to take care of us the way we need it! And, vice versa...

It is here where the power-struggle begins as both partners are trying to survive the hurtful pattern. They are both working very hard at being seen and accepted, and at getting their way (get their needs met...). What makes this even more challenging is the fact that the partners usually have opposing needs... Hence we are STUCK!

We get stuck in a repeating loop having the same challenges and getting the same outcomes creating a very dissatisfying relationship dynamic.

### Third Stage – Conscious, Intentional, and Mindful Relating

So, what to do? The good news is that the loop is meant to be changed.

At any given moment either partner can decide to feel and act/respond differently which in turn has a different impact on the partner, who can then choose how they respond. A different loop, a more satisfying loop is then created... As simple as this concept is and as easy as it is to implement, partners still have a heck of a time doing their side differently...

Partners love to prove themselves right, they love to play the logic game to make their point, they look for facts that corroborate their experience, they are looking to make their partner wrong for then they are right... They are completely missing the boat in that there is no right and wrong, in that both experiences are just as valid, that both partners make sense.

This separatist, defensive or offensive ego approach doesn't do anybody any good. This is the quickest way to stay stuck!

A mindset shift is needed here where the partners get to see how they are just replicating patterns, falling prey to their unconscious mind, and colluding with each other to stay stuck... Once they are able to recognize their predicament, and not blame the other for repeating their side!, they can work together at making changes.

This happens with intentionality and mindfulness. This happens through developing and exercising the vulnerability, compassion, and empathy muscles. For when we see and feel each other, recognize we are not alone, and that it is not our partner's fault that we are in pain is when we can show up differently. We can show up with the best parts of our Self. We don't have to use defense mechanisms to protect ourselves from emotional / unconscious death... We don't have to act out... We are not at war, there is no need to attack...

The meaning we assign each moment and interaction, how we choose to approach our partner, and how we decide to show up are all in our sphere of control. When we see ourselves at the mercy and whim of our partner, and assign negative motives to boot, is when the moment, and potentially the following moments, are lost to pain.

It is in these moments that we need to recognize our stretch, not necessarily to please our partner, but to address our growth place... This is where we need to evolve and develop, for our own sake... This is actually the reason you are with your partner. This is how they are a Gift to you... They provide you over and over with the opportunity to heal and grow. The tip is that you need to do the stretch, the work...

When you stretch, you are accessing other parts of your Self and growing yourself developmentally. With your stretch you are meeting your partner's needs, and therefore helping them address unresolved issues of childhood. It's a win-win!

A lot of partners see the stretch as a sacrifice to be made for the partner at their expense... This is furthest from the truth – the stretch is actually for YOU!

This shift creates intentional and mindful relating where the relationship has a completely different flavor. This is how you transform your relationship.

## *You are half of the partnership!*

Once you see how your dynamics work, how you repeat patterns AND you make a conscious decision to stop operating with your usual MO and feeling victim to your partner, a major shift happens...

It is not easy to stop operating with your usual MO, especially when you are triggered. If it was easy everybody would do it and we'd be living in Utopia.

So, first things first. To create a strong partnership you have to focus on how you are showing up to your relationship - how you are keeping your side of the street clean, how you are carrying yourself, how is your attitude, how is your relationship mindset, how you are investing, how you are accountable, how you are taking personal responsibility for ALL your believes, feelings and actions.

You can't excuse poor or relationship undermining behavior because you are triggered or upset with your partner... You are responsible for what you do regardless of how your partner is showing up.

If you are the pursuer – your job is to contain!  
If you are the distancer – your job is be available!

You are in charge of how you see your partner. You are in charge of what meaning you assign things. You are in charge of your feelings. You are in charge of how you invest.

YOU are in charge!

STOP BLAMING YOUR PARTNER FOR THE STATUS QUO!

### Take responsibility and empower yourself

Your relationship(s) will not change unless you change!

Now, we are not looking to change your core you. We are looking to have you continue to grow up and develop. We are looking to have you Evolve. This almost feels like you are a different person. Yet, the Essence of you is still there. It's an amazing experience. You don't lose you, you gain YOU.

Your partner cannot *get you* if daggers (nagging/criticizing or stonewalling/dismissing) are coming at them. It is your job to be a responsible sender of your message. It is your job to hear your partner. It is your job to set boundaries and get your needs met. When each partner takes responsibility for their side they automatically invite the other to respond differently. ALWAYS look at what you can do differently regardless of what your partner is doing.

This includes setting boundaries for inappropriate behavior, which at times might mean leaving the relationship. Sometimes our partner is slower on the uptake, and we run out of juice or stamina to continue trying to change the pattern. Your job is to recharge your Self and get support. Worst-case scenario, you can decide you no longer want to do this. That is always your prerogative. Just know, that if you haven't stretched enough to develop your Self that your Composite hasn't changed and therefore you will continue to attract and cocreate relationships with similar patterns...

Taking responsibility means doing your own work to evolve your Self. It means taking responsibility for your own state of mind and conscientiously working at changing it to a positive state at all moments... Feel all your feelings, but don't dwell on hurtful or negative ones. Feeling bad does not validate that you've been wronged. Keeping yourself in that state just means you are playing victim. STOP THAT! You have control of how you feel... Take charge!

When you choose to feel bad and dwell in feeling bad, you are not taking responsibility for yourself. You are not being accountable for yourself and to your loved ones and are missing out on creating the next beautiful moment. When you do this, you are actually disempowering your Self, and you are most likely in your partner's circle... Which disempowers them in return. This is a lose-lose situation.

Get out of your partner's circle and back into yours. Get yourself in a better state and then go find your partner to make things better and keep things moving. It is imperative that you take charge of yourself!

This does not mean we are enabling our partner to wrong us. It means we change how we show up so we can invite and inspire our partner to show up better for us as well...

→ Going forward whenever you are triggered:

- First take a moment to identify what is happening – review your thinking for any dirty thinking
- (distorted cognitions, scripts, meaning, beliefs) and how you are minding your ownership (whose circle are you in?)
- After you clean that up, you'll automatically feel much better – then do anything else to help you manage your state and feelings further (self soothing / self-care / high vibration energy)
- Once you have your Self back (you are no longer in a triggered state), approach your partner sharing what happened for you, how you were triggered, how you managed it, and what you'd like to see different going forward so you don't get triggered. Discuss a behavior change that works for both of you.

### **Become irresistible to your partner**

When we don't own ourselves, own our partner instead, are in a perpetual state of dissatisfaction in relation to our partner, operate from fear with freeze, fight or flight responses, use whatever flavor our ego and defense mechanisms take, are in a state of low vibration energy and negativity, we are not attractive. In fact, we are down right repulsive!

When we start owning our Self and are mindful, respectful, intentional, boundaried, vulnerable, compassionate and appropriately engaged, we feel 100% better and sparkle. We are a lot more attractive and inviting to our partner. We seduce and inspire them to be there for us the way that touches our heart.

To expect our partner to do this when we are being repulsive is just ridiculous. That expectation just sets everybody up for disappointment and torture. You are just inviting more of the same pattern and creating a lose-lose situation.

Your job is to show up with your best Self and to continue to evolve your Self (through stretches, etc.) – that's it! From that place, magic happens. From that place, your partner trips over themselves to be there for you...

## Successfully engage your partner

It is difficult to engage our partner for a pleasant interaction and a mutually satisfying outcome when we've been struggling seeing eye-to-eye and getting our needs met.

The main thing to remember is to show up to the interaction with "our side of the street clean":

- ✓ Not triggered
  - ✓ In a good state
  - ✓ Putting our best Self in the middle
  - ✓ Open-minded
  - ✓ Willing to Stretch for both of our benefit...
  - ✓ Willing to come up with a course of action that is mutually acceptable
  - ✓ (Digging in our heels to prove a point is not a caring way to approach the relationship and is not the proper way to set boundaries... If you believe your partner is doing this, stop and take a look at how you are also doing it! Change your side! Always focus on what YOU can do...)
  - ✓ And, of course these ingredients are lubricants in the interactions, and imperative for building goodwill, adding deposits in your emotional bank and in general for creating an amazing relationship: Respecting, validating, understanding, accepting, honoring, valuing
  - ✓ Always think reciprocity, not what do I get... (If you believe your partner is thinking selfishly, that's on them... YOU do what you have to do to keep working your side...)
  - ✓ When in an interaction or when spending dedicated time together – put on the Nurturing and Attunement lens on. This means you have to be nice and caring. This means you have to maintain eye contact, clean body language, pleasant facial expression, engaging tone of voice, etc...
  - ✓ No matter what, address your partner's Essence / Core (not their defense mechanism) when in any exchange (even in your head...). You'll address them differently...
- ➔ Now, let's say your partner is triggered – address the root of the trigger before you get triggered yourself... Tend to your partner's pain. If they are too far gone that they can't hear or receive you, implement a time to comeback to address the feelings and needs. When this is done genuinely, compassionately, lovingly, caringly, and consistently trust is built and future similar interactions are a lot more smooth, less intense and less frequent.



## *Become a stronger and happier couple*

When partners are stuck in the power-struggle it makes complete sense that they feel alone, unsupported, misunderstood, not valued, taken for granted, unappreciated, and disconnected from their partner? They just can't feel each other, get each other, because they are too focused on their own experience... They have a hard time getting their partner's experience (can't put themselves in the other's place as if they were them). They try to do this by putting themselves into the other's experience, but of course they'd experience it as themselves (not as the other might)... The key here is to see things how your partner would and address that for them, not your side of it!

By now it should be clear that we only change the relationship by changing how we do the relationship, not waiting for our partner to do the relationship differently or to give to us differently... In our changing, our partner changes in response!

Again, this does not mean giving in at our expense. This means getting off our high horse, and no longer giving with resentment, begrudgingly or only crumbs. We give from our stretch because it's good for us both... Is it scary? Yes. Is it uncomfortable? Yes. This is growth happening. Embrace it...

### **Values play a role**

We all have different personalities, ways we operate, ways that our brain functions, and things we value. These all have an impact as well on how we set up our relationship and our life, as well as how we interact with others.

Do you have a picture in your mind about what type of relationship you want? How you want your life to be? A vision of the future? Things you want to achieve, experience and contribute in your lifetime? What you values drive these...

What you value drives how you structure your everyday, everything you say and do, and your expectations. Sometimes we haphazardly do these things and that's when we get into trouble. We operate out of alignment with what we value and then experience internal dissonance due to the incongruency. This internal dissonance creates all kinds of symptoms and dissatisfaction.

It behooves us to explore our values and how they thread through our life experience to really lead a rewarding and satisfying life... And, it behooves us to synchronize with our partner around these so we can support each other. Knowing our values, our vision and dreams, helps us set up our joint life in a way that helps us manifest what we desire. Some dreams and goals you might share, and others you might not. It is important to explore and process these so you can get on the same page about what you are pursuing and how to work together towards creating the life you want.

## Lifestyle success habits

For us to have an amazing life and relationship, we have to be intentional. We can't live life and relate with our partner by default. This makes for an unconscious and reactive relationship, and an unlived life... We have to live both by design!

The most successful people in the world are structured, systematic and intentional about EVERYTHING... We'd do well to follow their example.

Here are tools to help you live life by design:

Drilling - They drill everything, and fine-tune more and more. They get better and better at everything they do. They set up repeatable behaviors that would lead them to achieve their goals.

Groundhoging – Remember Bill Murray in “What About Bob?” Same concept, knowing what you know now, what worked, what didn't and what can you do different to get the desired result?

TimeMapping – Chunk time in your week and assign it to parts of your life. Fill in the chunks with related tasks, commitments, and appointments. Strive for as much integration as possible that flows from your values... You might notice that you spend a lot of time in a certain type of activity or commitment and not nearly as much in another that is just as valuable if not more to you...

Relating Structures – Being mindful about boundaries, accountability, and personal responsibility implement these to enrich how you relate, help reduce triggering each other, and better manage triggers. Keep in mind to think support, having your partner's back, and being able to pickup where the other one leaves off...

- Checkins
- Appreciation Dialogue
- Intentional Dialogue
- Synchronizing Meeting
- Family Meeting
- Couple Date
- Romantic Rituals
- Relationship Traditions
- Family Rituals and Traditions

Systems and Routines – These are what create ease in your daily life... The more organized and current you stay the easier to get and be on the same page.

- Daily and weekly flow
- Intentional transitioning
- Self care and wellness practices
- Joint/Family Calendar
- Chores and responsibilities lists, calendaring, tracking, etc.

## Feeling each other and connecting

Once you straighten out your mindset and work your side of things with your stretches..., feeling your partner becomes a lot easier as the usual triggers and defenses are greatly reduced...

Once you share visions and values and implement success habits flowing from them, feeling connected and staying connected becomes a lot easier as you have supportive built-in mechanisms to assist you.

The key here is to be Present for your Self, your Partner, and your Life...

## REMEMBER

### Basic Emotional Driving Needs

- ◇ Certainty/Security
- ◇ Uncertainty/Variety
- ◇ Significance/Importance
- ◇ Love/Connection
- ◇ Growth/Learning/Success
- ◇ Contribution/Legacy

### Successful Couple Strategy™ new edition draft preview...

1. Context – Uplevel your relationship mindset and break the impasse
2. Communication – Get on the same page and synchronized
3. Clarity – Discover and change your stuck dynamic
4. Connection – Reignite your love and deepen your intimacy
5. Collaboration – Create a strong partnership and authentic life



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