

Successful Singles Coaching News

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A Free Email Newsletter Dedicated to the Proposition That a Rich Single Life and the Most Alive Soulmate Relationship Begin with Grace, Know How and Deep Preparation of the Mind and Heart

"Choose your life's mate carefully. From this one decision will come ninety percent of all your happiness or misery."

-H. Jackson Brown, Jr.
"Life's Little Instruction Book"

Conscious and Unconscious Life Mate Selection

As you, our readers probably know, we're true believers in the power of Imago Relationship Therapy. Despite decades of post- doctoral experience working with couples, we have found no form of therapy that comes close to Imago Relationship Therapy in helping heal both relationships and the individuals in them. Simply put, Imago Therapy is the best vehicle we know to help couples come to creative resolution of their differences in a way that is most safe and respectful.

But what does Imago Theory have to say about who we select as a life partner? Imago Theory emphasizes how the whole mate selection dynamic is driven by the unconscious need to find a life partner who is an Imago match, a person with the positive and negative characteristics which we've imprinted from our parents. Imago therapists dramatize this point by comparing our unconscious striving for an Imago match as being like a 2000 pound horse. The conscious mind's list of potential mate's desirable traits [education, income, "niceness" profile] is compared to the relatively puny human rider of the horse. Imago therapists often rhetorically ask people who they think is really in charge of mate selection, the 2000 pound horse or the little rider.

We think there is a great deal of truth to this Imago Theory. We do agree that there won't be any "juice,"(romantic spark) between people who aren't Imago matches. We also agree that to try to "force" a long term relationship that lacks this unconsciously motivated foundation of romantic love would be to insure an emotionally anemic relationship.

Yet, we also believe that unconscious Imago forces can drive us to have romantic attractions to people who would be disastrous for us in long term relationships. Here is where the conscious mind, the horse's human rider, needs to be in charge. In fact, we think that little human riders take charge of 2000 lb. horses every day. Similarly, we believe that the conscious mind doesn't have to be dominated by unconscious Imago forces. Basically, the "juice" of the Imago match is essential, but not sufficient. This is where our addition of the Life Partner Quest curriculum greatly enhances the Imago services of SinglestoSoulmates.

Ideally, individuals would have articulated to themselves and actually written down their minimum requirements for their ideal relationship prior to entering into the romantic swirl of the Imago attraction. The Relationship Success Tainting Program for Singles supports you in doing exactly this. Among other things, it helps you really face what personal characteristics and life

style events are essential to you for happiness in a relationship. For example, let's say it's a requirement for you to have children. You can avoid needless suffering if you know this about yourself and act accordingly by avoiding deep involvement with anyone who doesn't share this value or desire. In Relationship Success Training for Singles you are supported in becoming super conscious of requirements you need to have met to make your life partner relationship a success.

We believe that through participation in our program you can have both:

- A relationship with a strong, passionate bond that is forged in dynamics within the unconscious foundations of both partners' psyches.
- The kind of conscious requirements met that make your relationship functionally successful for both of you.

Through participation we will help you avoid dead end roads:

- The first is to deny the power and need for the unconscious Imago forces- to try to fool yourself into believing that you don't need "juice" or romantic attraction if the person meets all your conscious requirements of being kind, addiction-free, financially responsible, etc.
- The second is to try to fool yourself into believing that romantic love conquers all practical problems, that there's no need to have shared values, life goals etc., or to believe that these will magically come into line if there is romantic love.
- The third is to remain in isolation so as to avoid the two just mentioned.

Traveling any of these dead end roads can take up years, even decades of your life. All three of these approaches involve much needless suffering.

We believe the road we're suggesting, while less traveled, is the road that can best help you attract and deepen the soulmate relationship of your dreams.

KIND WORDS:

Our Newsletter:

"I just received the first issue of your newsletter and found it to be one of the more positive and hopeful things I have seen on the web."

Chuck Simpkinson, Ph.D.
Founder and Editor Common Boundary Magazine

Singles Coaching:

"What I most appreciated about the workshop was the authenticity and openness of Harriet and John and their obvious commitment to their relationship."

Mary Vogel, Workshop participant

"and their excitement about this work."
Rhonda Gordon, Singles Workshop participant

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