



NAME AND TAME
**THE DEMON
DIALOGUES**
IN YOUR
LOVE RELATIONSHIP

PREPARED BY

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WHAT ARE THE DEMON DIALOGUES?

There are 3 devastating Demon Dialogues that can sweep in and take over your relationship. All of them leave you and your partner triggered, overwhelmed, and alone. Both of you go to the place where the other person seems like the enemy.

We know from over 20 studies of couples successfully repairing their relationship that you can learn to

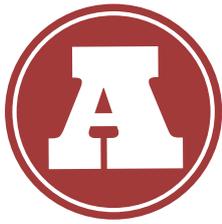
SEE these patterned conversations

and

COME TOGETHER to defeat the demons that destroy your connection.

WHICH DANCE IS YOURS?

When your relationship spins into distress, does your dance look most like A, B or C?



Betty: (Thinks to herself, "Seems like we don't do much together any more. But maybe that is just how marriage is after a while.") I think there's a good show on TV that I'll watch.

Bob: Well, I'm not a TV person and you know that, so... I've got a list of tasks written out for the weekend. But we could watch TV, I guess.

Betty: (Hesitates) Well... I have to work on my computer now.

She leaves and he sighs and switches the TV on.

HOW MANY TIMES IN THE LAST MONTH HAVE YOU AND YOUR PARTNER BEEN TRAPPED THIS DANCE?

- NEVER
- 3-4 TIMES
- 8-9 TIMES
- MORE THAN 10 TIMES



Betty: YOU are crazy. You always do this. You never listen to me. I didn't ask you for anything for weeks because you've been so stressed and busy. Do I get thanks? NO! And now you're too swamped to talk or spend time with me. You're no partner, I'll tell you that.

Bob: OH, now I'm the crazy one. That is funny, 'cause *you* sound crazy. My wife, the expert nag who's never pleased. Who can be married to you when you're like this!? I never get any real consideration in this marriage. You're just too demanding. Maybe you'd be happier without me!

Betty: Maybe I would. Why don't you just go? You never really show up anyway!

2 days of distance, nursing wounds, and pretending to be fine follows.

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Bob: I don't know why we can't make love everyday. My friend Terry and his wife do. I think it's normal if two people love each other. You never make sex and my needs a priority. I think you're depressed.

Betty: (looks away and stays silent)

Bob: Like right now. I am talking to the wall here.

Betty: We've been through this a thousand times. I try my best, but I'm tired at the end of the day. I don't want to talk about it now.

Bob: You know, your mum was pretty frigid, uptight. I think it runs in your family.

Betty turns and leaves.

Bob: (calling after her) Just saying - it's frustrating - and you don't listen.

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THERE ARE THREE DEMON DIALOGUES.

Which Demon is devouring your relationship? To name is to begin to tame.

IF YOU ANSWERED "B," YOUR DEMON IS

FIND THE BAD GUY, A.K.A. MUTUAL ATTACK

This is full battle mode, where both parties hurl missiles just to regain a sense of control.

The emotional music: Hostile criticism. Both partners feel rejected but they go for the prize of "It's not me that is mad or bad. It's you."

This wounds and even if it "works," you end up married to some Bad Guy!

The deeper core message: "You can't do this to me. I'll show you!"

IF YOU ANSWERED "C," YOUR DEMON IS

THE PROTEST POLKA, A.K.A. DEMAND AND WITHDRAW

Everyone knows this one. One person complains and when the other doesn't respond, they POKE and criticize while the other defends and shuts down.

Partners push each other off balance into loneliness and rejection. Soon, no one feels safe and the dialogue spins faster and faster.

The deeper core messages: "Where are you? I can't find you," and "I can't face your disapproval, so I'll turn off now."

IF YOU ANSWERED "A," YOUR DEMON IS

FLIGHT AND FREEZE, A.K.A. TENSION AND AVOIDANCE

After some time of being trapped in "Find the Bad Guy" or the "Protest Polka," partners give up on safe connection. Everyone tries to numb out. Distance takes over.

The emotional music: Silence. Partners lose hope and turn away to nurse their own wounds.

The deeper core message: "I am hurt and afraid. I will hunker down and let us go."



NOW WHAT?

Of course, you can have more than one demon dialogue in your relationship, but most of us have a favorite that we have practiced again and again. It runs automatically and traps us in terrible isolation.

Underneath all three dances, the demon's face is the same: everyone feels hurt, rejected, and alone. Each person protects themselves in a way that feeds the demon and keeps the dance going.

The beginning of the way out is to simply recognize that you are BOTH victims – both caught in a dance that your fearful nervous systems automatically turn on.

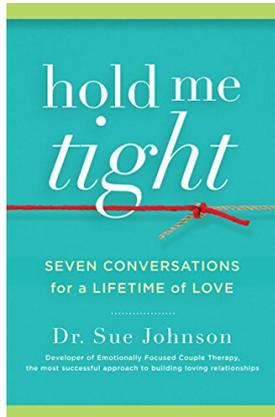
Just sharing this exercise with your partner and being able to say, “ Yes, we're stuck in our dance,” is the first step to safe and sound.

Problems pin-pointed and faced together as a team get smaller!

RESOURCES FOR COUPLES

There are ways to learn more about how to step out of these traps and walk hand-in-hand towards safe and sound connection.

HOLD ME TIGHT



This 2008 book offers a revolutionary new way to shape love relationships. The stories, ideas, and exercises are based on the science of love and the wisdom of Emotionally Focused Couple Therapy (EFT).

Empirical research has supported the effectiveness of EFT, showing that 70-75% of couples move from distress to recovery, and about 90% show significant improvements (the best results of any couple therapy).

HOLD ME TIGHT ONLINE

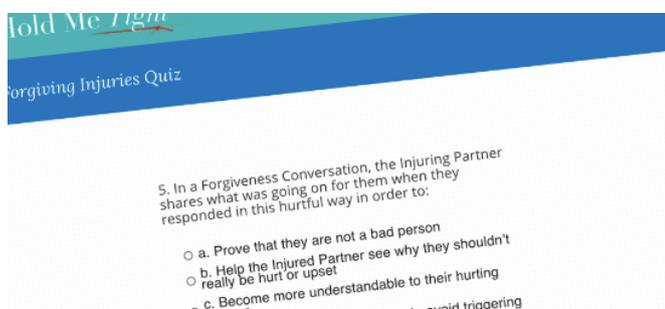
This interactive program applies our 30 years of research and practice and a cutting-edge understanding of love relationships. The program has 8 chapters with:



Teaching pieces directly from me



Videos of couples working through Hold Me Tight conversations



Check-in quizzes to gauge progress



Insightful videos from relationship and attachment science experts

And there's more. Visit HoldMeTightOnline.com to register, and learn to shape and repair your relationship today.



ABOUT DR. SUE JOHNSON

Dr. Sue Johnson is a leading innovator in the fields of couple therapy and adult attachment. She is the primary developer of Emotionally Focused Couples and Family Therapy (EFT), which has demonstrated its effectiveness in over 30 years of peer-reviewed clinical research. Sue's received numerous awards acknowledging her development of EFT, including the APA's "Family Psychologist of the Year" in 2016 and the Order of Canada in 2017.

Her best-selling book *Hold Me Tight* (2008) has taught countless couples how to enhance and repair their love relationships. The book since has been developed into an interactive relationship enhancement program, *Hold Me Tight Online*. Her newest book for clinicians, *Attachment Theory in Practice* (2019), delineates the promise of attachment science for understanding and repairing relationships.

As the founding director of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), Sue trains counselors in EFT worldwide and provides guidance to 65 affiliated centers. She consults for the U.S. and Canadian military and the New York City Fire Department, and is a popular presenter and speaker for the general public. You can find out more about Sue and her work at drsuejohnson.com.



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