

Contemplative Dating

What is Contemplative Dating?

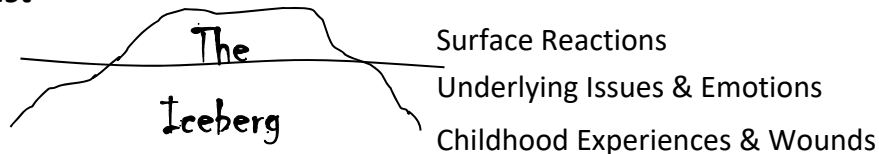
Intentionally seeking out intimate partnership, being faithful to your core self.

The Three Things that make you go “APE” in your Relationships

A – Amygdala

- The emotional home of the fight of flight response
- There are two adaptive styles based on where the energy goes
 - Maximizers (“Tigers”) expand their energy & emotion, and express
 - Minimizers (“Turtles”) constrict their energy & emotion, and withdraw

P – Past



E – Ego

The character adaptations which developed “as emergency solutions in early childhood as a way of coping with our environment. At the time, these coping mechanisms were necessary for survival. But the older we grow, the more they get in the way of living freely as our True Self.”

- Richard Rohr

Map of the Soul

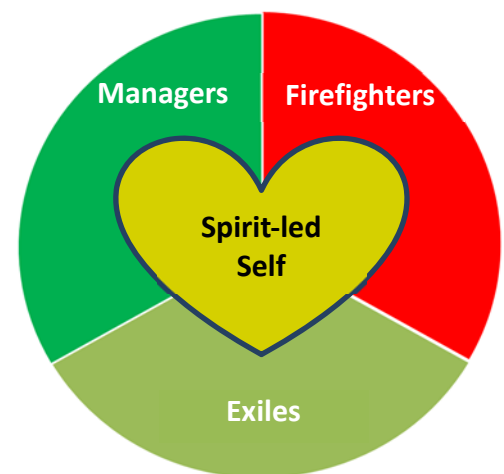
Self – The core of who you are, often experienced as energy, being in flow; where we experience God.

Exiles – Young, vulnerable parts that carry emotional burdens, holding onto painful memories.

Two Protector Parts (Ego Redefined):

Managers – Parts that run daily life, working to prevent feeling the pain of exiles.

Firefighters – Parts that react after a painful event to extinguish overwhelming thoughts and feelings



*from *Boundaries for Your Soul* by Cook & Miller

Michael DiPaolo, Ph.D.

Clinical Psychologist & Certified Imago Therapist

DrMichaelD.com

1849 Sawtelle Blvd., Suite 540, Los Angeles, CA 90025

310-268-7792

Michael@DrMichaelD.com



@DrMichaelD



DrMichaelD1



/Dr.DiPaolo

Contemplative Dating

Levels of Relationship



Moving levels represents an increased level of COMMITMENT – to yourself and the other person

Strategies to Promote Safe Conversations – (based on Imago Dialogue)

Strategies as the Sender (when speaking): I - SAID

I – Intentional

- WAIT – Why am I talking?
- Express yourself with the intent of being understood

S – Self-Soothing

A – Appointment

- Soft Start-Up... “I’d like to talk to you about _____. Is now a good time?”

I – I Statements

- Express your own thoughts, feelings & experiences → No shame, blame or criticism!

D – Deepen

- Risk vulnerability in sharing feelings & experiences, maintaining healthy boundaries

Strategies as the Sender (when speaking): I - SAID

I – Intentional

- “Seek first to understand before being understood”

M – Mirror

- Whole Body Listening – Words, Tone & Energy/Body Language
- Reflect back the essence of the message
- Ask: “Am I with you?” & “Is there more?”

O – Own Responsibility

- Own your own reactivity & your part in any issue

V – Validate

- Honor the other’s perspective – “You make sense, and what makes sense is...”
- This does not imply agreement

E – Empathize

- Enter into the other person’s world, imagining their feelings

* Go to DrMichaelD.com → Get on my mailing list for my blog & info about future presentations!

Michael DiPaolo, Ph.D.

Clinical Psychologist & Certified Imago Therapist

DrMichaelD.com

1849 Sawtelle Blvd., Suite 540, Los Angeles, CA 90025

310-268-7792

Michael@DrMichaelD.com



@DrMichaelD



DrMichaelD1



/Dr.DiPaolo