The Mysteries of Love and Lust: Coaching Psychology for Love Life Management

Dr Lisa Matthewman
Psychology fr All
2011
• The presentation aims to develop an understanding of the psychological theory regarding love and lust.
• It will explore sexual peaks and cycles and draw attention to sex hormones.
• The presentation will describe in detail the various stages of the romantic relationship process/sexual interaction.
• The workshop will allow delegates to develop a plan of action that can immediately increase romantic self-esteem.
• The workshop will empower participants with the vitality to take control of their love lives and manage their romantic relationships more effectively.
OVERVIEW

- What is love?
- Love: Chemistry or Neurosis
- Sexual peaks and cycles
- Exercise: Demystifying love myths
- Sexual Peaks and Cycles
- Love Styles and Sexual Styles
- The art of attraction
- Coaching Psychology for Love Life Management
- Exercise: Charting Love Choices
- Relationship Stages
- Are you ready for love and lust?
- Exercise: Compatibility Wish List
- New Relationship Checklist
- How to build love intimacy and commitment
What is Love?

• Views on intimacy
• Typology of love
• Triangulation theory of love (Sternberg (1986, 1988) intimacy, passion and commitment)
Love: Chemistry or Neurosis

- The aroma of love
- The female of the species
- The many faces of love
- Love is a drug (PEA)
- Love as neurosis
- Love at first sight
- Passionate or romantic love
- Companionate love
Exercise: Demystifying Love Myths

• True love conquers all
• When it's really true love, you will know it, the moment you meet the other person.
• There is only one true love in the world who is right for you.
• The perfect partner will fulfil you completely in every way.
• When you experience powerful sexual chemistry with someone, it must be love.
Sexual peaks and Cycles (lust at first sight!)

- Sexual peaks and cycles
- Sexual stages
- Phenylethylamine (PES)
- Pheromones (sensual scents)
- Dehydroepiandrosterone (DHEA)
Love Styles & Sexual Styles

- Eros
- Ludus
- Storge
- Pragma
- Mania
- Agape

- Romantic
- Sensual
- Imaginative
- Emotional
The Art of Attraction

- Complementarity of needs (Winch, 1958)
- Balance theory, Reinforcement theory, Equity theory
- Social exchange theory (Homans, 1961, Thiabaut and Kelly, 1959)
- Theories of attraction-attraction, proximity, familiarity, availability, reciprocity, (Zajonc, 1968)
- Similarity of attitudes (Newcomb, 1961)
- Sexuality (Berne, 1970)
- Similarity and attraction (Tajfel, 1982)
- Matching theory (mirror image)(Berscheid et al 1971)
Coaching Psychology for Love Life Management

• **What is Holistic Coaching**

• Holistic Coaching is an empowering relationship that enables you to create real sustainable change in yourself and your life. Using an holistic awareness-based approach your coach will help you identify opportunities and options that will bring greater purpose, clarity and satisfaction.
Increasing Romantic Self Esteem

Current situation
Overview
How it developed
What sustains it
What works or not

Vision for Future
What inspires you
What you really want
What you love doing
What fulfils you

Action
Changes required
Options
Plan of action
Self responsibility

Barriers
What stops you
Fears
Limiting beliefs
Sabotage patterns
Exercise: Charting Love Choices

• List the names of each partner you have had (emotionally attached to)
• List their most negative points, negative qualities
• Circle any qualities or words that seem to repeat themselves
• Make a summary list of those ‘repeating qualities’
• Are there some patterns that you need to be aware of?
• Is there a trend in your relationships over time?
• Were some partners easier to list negative qualities about than others?
• Is my present partner significantly different from previous partners? Better or worse or the same?
Case Study: Kamira and Ross

- Asian female police officer and white welsh civil servant
- Secrecy v openness
- Constant questioning over commitment
- Relationship never moved beyond compatibility debates (sampling and bargaining)
- Ross suddenly left Kamira and married another woman
Relationship Stages (Sexual Interaction)

- Sampling
- Bargaining
- Commitment
- Institutionalisation

- Relationship dissolution: intra-psychic phase, the dyadic phase, social phase and grave dressing phase
Are you ready for love and lust?

- Six qualities to look for
- Commitment to personal growth
- Emotional openness
- Integrity
- Maturity and responsibility
- Self esteem
- Positive attitude towards life
Are you ready for love?

- Am I still in love with an ex partner?
- Am I carrying negative emotion?
- Do I often feel emotionally empty?
- Do I like the person I am?
- Do I value myself? Will others value me?
- Do I have much to offer?
- Can I talk about my feelings?
Exercise: Compatibility List

- Write down the qualities you seek in a mate in relation to the following categories
  - Physical style
  - Emotional style
  - Social style
  - Intellectual style
  - Sexual style
  - Communication style
  - Professional/financial style
  - Personal growth style
  - Spiritual style
  - Interests and hobbies
New relationship Checklist

• Family background and quality of relationships, past and present
• Past love relationships/reasons for break-ups/lessons learned
• Attitudes about love, commitment, children
• Sexual attitudes and preferences
• Sexual history
• Spiritual or religious philosophy
• Personal and professional goals
• Financial background, goals
• Attitude towards personal growth
• Attitudes about lifestyle
• Ethics, morals and values
How to build love, intimacy and commitment

• Self awareness
• Sexual powerpoints
• Confidence with personal relationships
• Self belief
• Positive mental attitude
• Successful in love
How to build love, intimacy and commitment

• Love as an adventure
• Intimacy
• Commitment
References

- Theresa Crenshaw (1997) Why We Love and Lust
- Reece Brandt (2005) Effective Human Relations
- Eric Berne (1973) Sex in Human Loving