

How does relationships actually work?

To understand this more clearly I'm going to use the context and content that Dr. Pieter de Villiers from Shadowmatch and Skillsgrid fame gave us as coaches. This was so eye opening that even a sworn bachelor like myself are willing to get married again as I now understand the dynamics so much better.

Just a little bit on Dr. De Villiers, he is passionate about: "Helping people and business leaders to develop their understanding of our future world. To build a successful future business and most importantly to embrace the future realities of our world rather than fight with it." Dr. De Villiers is a serious philanthropist and I am honoured to have him as a colleague and friend.

You're welcome to visit: [Shadowmatch information](#) for more information on Shadowmatch itself.

Jean Piaget said: "The greater the difference between how you react with people present and how you react without people present, how greater the psychological index."

An interesting survey was done on four groups that is in client service:

White client service agent = White clients mostly

Brown client service agent = Brown clients mostly

Black client service agent = Black clients mostly

Indian client service agent = Indian clients mostly

Why is this? Because if any three or more markers such as Race, Gender, Language, Culture or Age are different from our own then we would experience the other person as odd, distant and hostile.

The age difference is quite a challenging one, and has to be overcome by the world model of how we see things:

Pre-modern People:

1. Understand their world from within their belief framework (i.e. Moslems/ Christians)
2. They're usually very law abiding and lawful in their belief view.

Modern People:

1. They're the show me the science people.
2. They'll easily give up their beliefs in lieu of science.
3. Proven science will easily convince them as they believe in the proof.

Post Modern People:

1. They have a view point of everybody lies.
2. They're extremely flexible in their viewpoint and will easily change their opinion.
3. They have a consumer (almost ultimate consumer) viewpoint.

So what happens when a marriage tanks?

The Pre-Modern person: "I'll stay in this marriage until death do us part, may that be soon!"

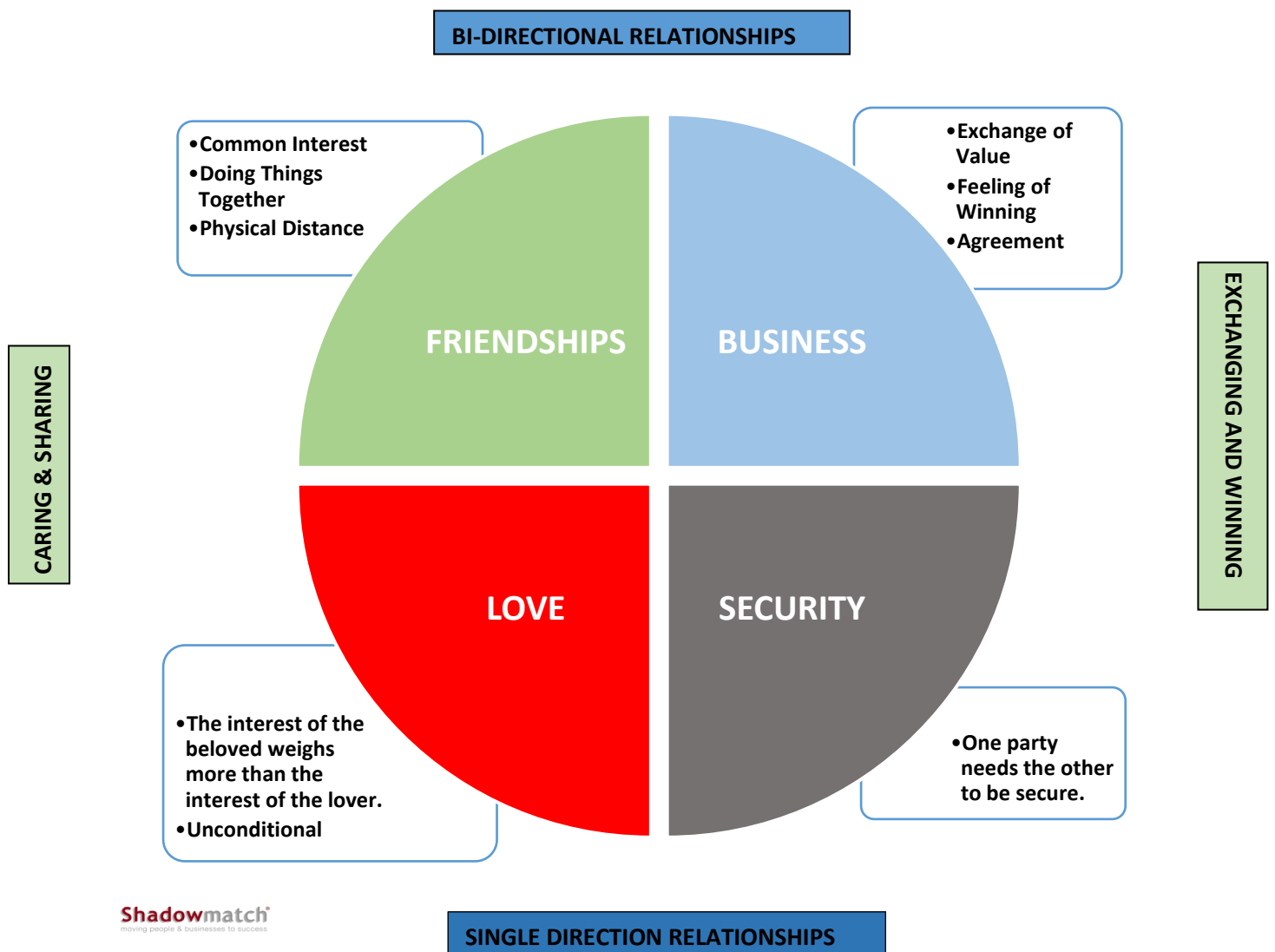
The Modern Person: They take a scientific viewpoint and try to repair through logical reasoning.

Post-Modern Person: They divorce and move on, should you try to dissuade them they'll gladly tell you where to go.

Age is problematic as it can easily bring a philosophical divide between partners. Shadowmatch helps to learn a new life pattern.

Just for some interest sake Shona Celie had a study done where they took first 400 then another 400 and a third group of 300 and the last group of 180 Matrics to determine who is more reliable, the Teacher, Head Master, Parent, Sibling, Friend, Google or God, according to them when it comes to information. Guess who won? Google did!

RELATIONSHIP FRAMEWORKS



Please note that the areas don't touch each other. This is because they are in itself contained and we do not mix them ever. The moment we try to drag the one over into the other that relationship becomes compromised. A healthy marriage has elements of all four areas, however it leans more towards Love and Friendship.

Let's look at the different quadrants:

LOVE: Here the interest of the beloved weighs more than the interest of the lover.

EXAMPLE 1: You're at the sea standing on the rocks with your little son or daughter and a freak wave rips him/her off the rocks into the sea. Are you going to contemplate taking off your shoes and watch and what to do with your cell-phone before rescuing him/her? Of course not! You're going to jump in without thinking and rescue him/her, he/she will also have no need to say thank you or be grateful. Why not? Because Love is unconditional.

EXAMPLE 2: I'll buy you a car when you pass Matric. ≠ Love! This is a business transaction as it is conditional.

FRIENDSHIP: Friendship is Time and Distance dependant. Time spent together will enhance the experience but time spent apart will diminish it.

BUSINESS: The relationship is established when we start the exchange. Without a transaction there is no relationship! If you can convince someone that he can win by doing the transaction then there's a relationship established, usually by lifting their self-worth.

The moment I expected something in exchange for my love the relationship changed into a transaction.

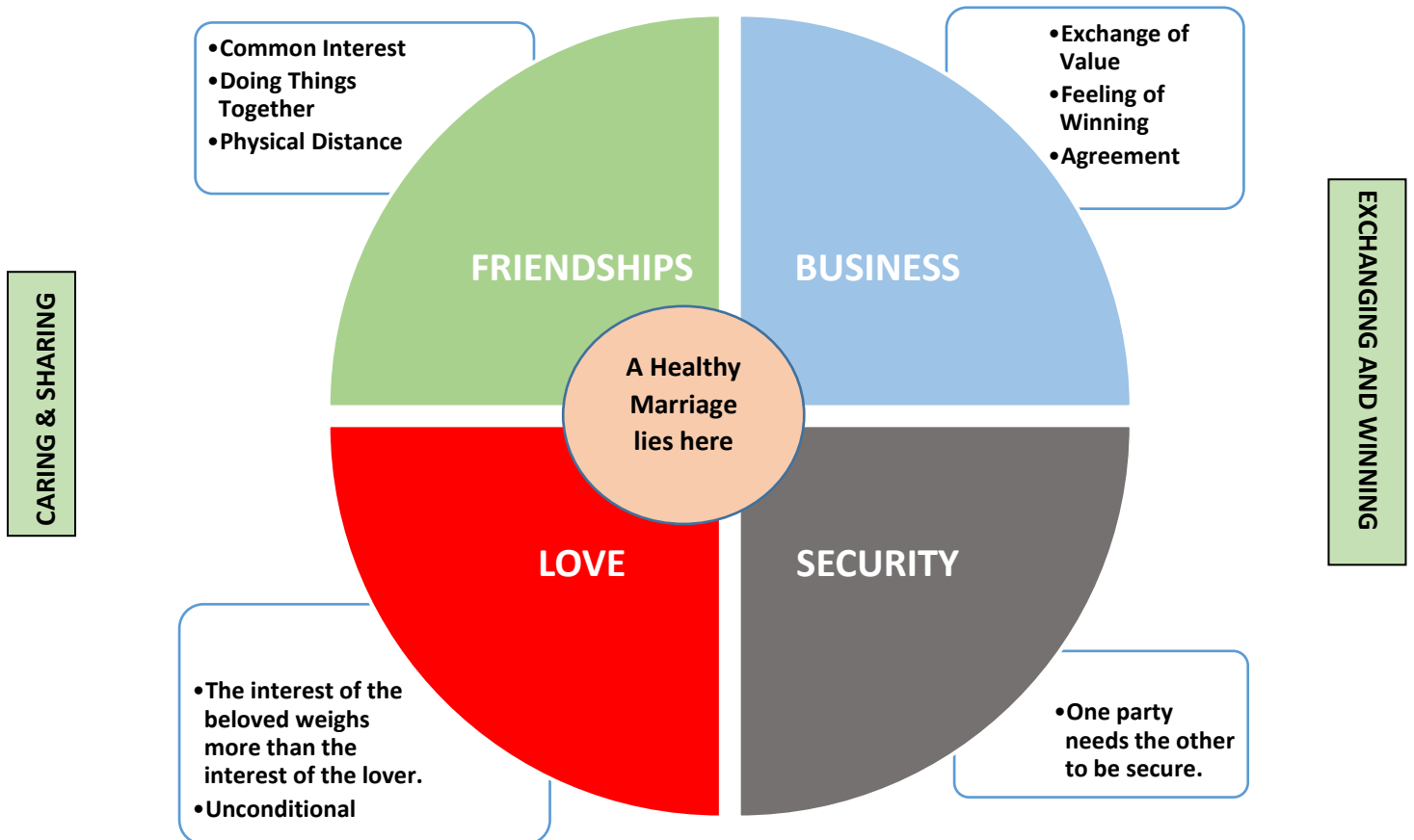
SECURITY: This is a destructive, very uncomfortable and dangerous area. A housewife is in a marriage of 35 years that is in a mess. She starts repairing it mechanically by giving her husband certain privileges in exchange for her upkeep, this is however just a patch. The dependant person drives the relationship.

So what does a couple do realising that after a year things are starting to get uncomfortable? They just need to spend some more time together, doing the things they love and this will also repair the relationship mechanically.

Stephen R Covey was asked by a man how to make a divorce easier on his kids as he and his wife decided to stay together so as to not disrupt the kids. Stephens answer? Go and LOVE your wife. The man was flabbergasted and upset, "what do you mean go love your wife?" Stephen answered: "Love is a verb, it will grow as long as you tend to it, so go back and spend time with your wife, do things together." So yes a relationship can be restored!

RELATIONSHIP FRAMEWORKS

BI-DIRECTIONAL RELATIONSHIPS



Shadowmatch
moving people & businesses to success

SINGLE DIRECTION RELATIONSHIPS

RELATIONSHIP DRIVERS

FRIENDSHIP Purpose:

- Fulfilment of our social needs.
- Common interest, doing things together and distance is close.

BUSINESS Purpose:

- Fulfilment of our physical needs.
- Exchange of value, feeling of winning and agreement.

LOVE Purpose:

- Fulfilment of our spiritual needs.
- It goes beyond reason. Unconditional.

SECURITY Purpose:

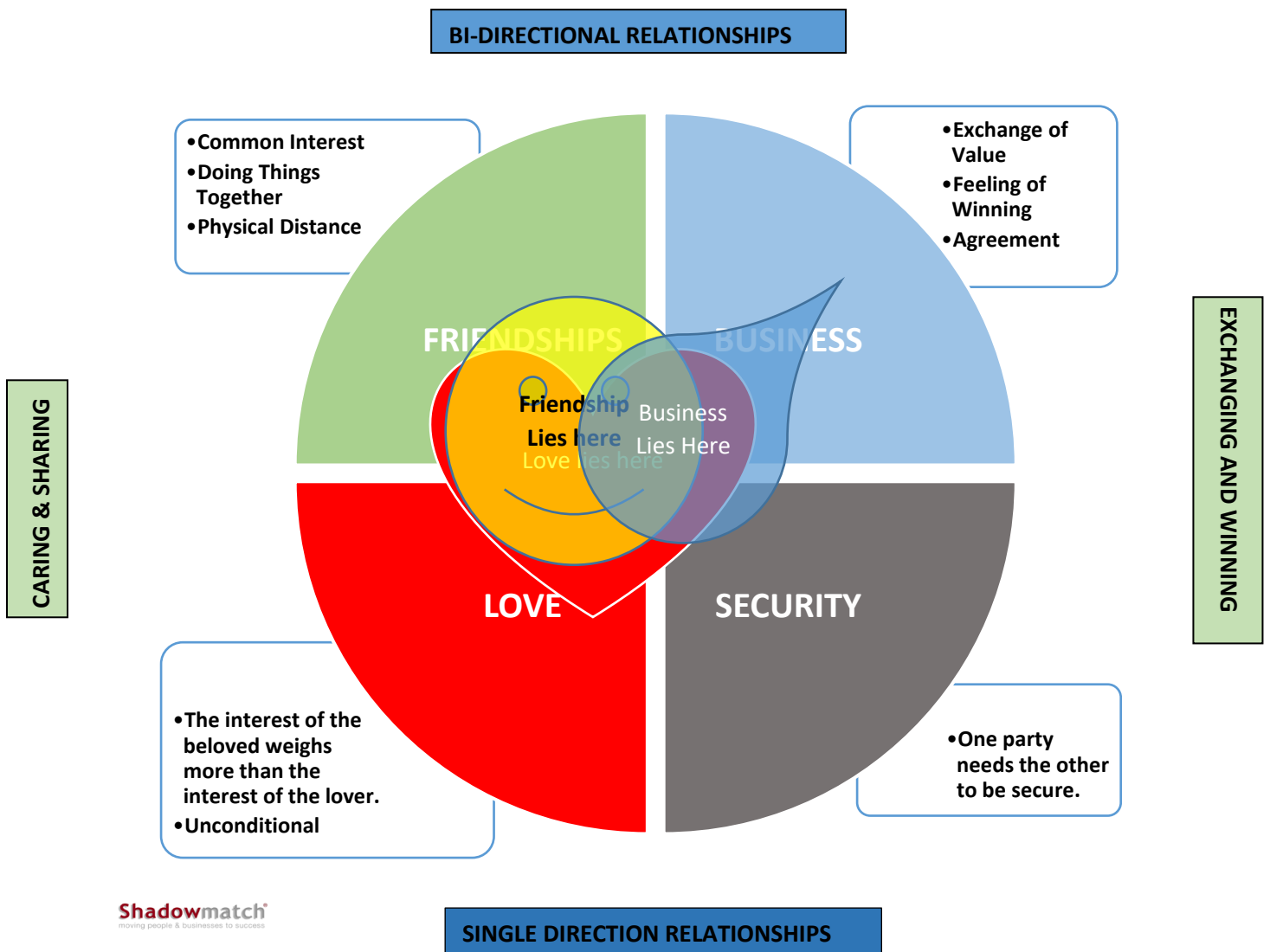
- To be secure physically and emotionally.

DANGER ZONES:

1. All definitions should be able to be traced back to love, therefore remember that there are components of all the quadrants in each relationship.
2. Don't mix relationships irresponsible or without thought i.e.
 1. Don't sleep with a work colleague.
 2. Don't sell or buy a car to a friend.
3. Ask what dominates this relationship? Your Shadowmatch advisor will be able to assist with the relationship frameworks and that will give you the required context.

RELATIONSHIP FRAMEWORKS

BI-DIRECTIONAL RELATIONSHIPS



In the above diagram you'll see where every relationship type features, note that security does NOT feature, the moment security becomes the main driver the relationship is in trouble!

The 8 different Relationship reports:

WORK RELATIONSHIP: If it goes about work it's about work, requested between colleagues to resolve conflict or just to better understand each other.

FRIENDSHIP: Friendship usually also goes with work, there's bonds that form when working together.

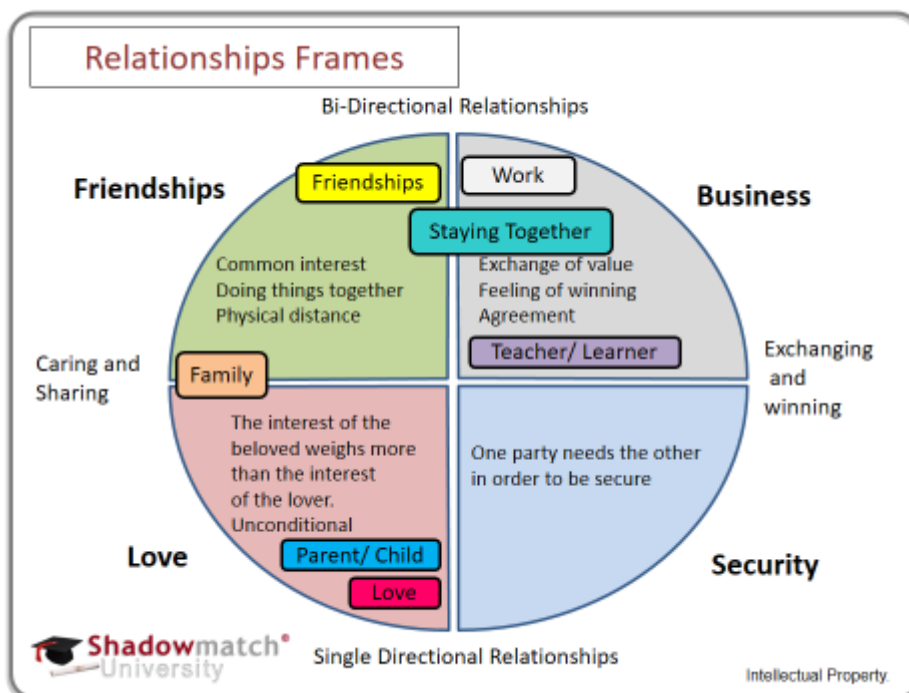
FAMILY: This is a typical LOVE / FRIENDSHIP bond, it tends to get messy when BUSINESS enters the relationship, so keep it out.

TEACHER / LEARNER: This is a business relationship, there is an exchange of knowledge and respect.

STAYING TOGETHER: You may want to crucify me here but it is a BUSINESS relationship! Especially couples who aren't married need to be careful here, LOVE may be in there somewhere, but in essence it's a business relationship, not 1 of various couples I spoke to brought LOVE up as the main consideration for staying together, it's always economically motivated and basically because of a lazy courtship. (He's too lazy to drive from his home to hers and back!)

PARENT / CHILD: Now this is love.

LOVE: Parent, Child, Siblings, and Marriage (...!?)



MARRIAGE: This is an extremely complex relationship, it's usually a combination of various different quadrants and needs to be managed diligently. The moment this relationship is not getting nurtured or the other persons feelings respected, complications arise.

Counselling: Get to understand the relationship frameworks and understand each one's unique place in the marriage. We must move the relationship back to the love quadrant.

Couples who were interviewed after 10 years of marriage were asked whether they would re-marry the same person. Only 23% of persons said that they won't change their mate. An astonishing 77% said they would rather never ever see the person again! The stats looks worse up to 40 years of marriage.

So why don't relationships work out? There's only 1 reason: One of or both parties disapproves of the others behaviour.

"When disapproval of each other's behaviour exceeds the others disapproval rate the relationship is in trouble"

Let's look at the relationship life cycle:

Since we're driven by adventure and a need for both security and insecurity, love and connection and want to feel significant the first stage is falling in love, this stage is usually anything from 6 months to 2 years (depending on how long it takes to get rid of our mutual masks) we then get tired of the same-old, same-old and if we decided that we can live with the other person as is for the rest of our lives we get engaged.

Being engaged brings a new energy to the relationship and therefore it feels better (relationships need constant energy to drive it) we then get tired of being engaged and decide to get married, this new dynamic drives the relationship forward and after a while we need something more, enter a new life and third dynamic a Baby!

This is where most marriages start to take a lot of strain. Females tend to struggle with her role as mother and wife. Uncle Jack said it so eloquently: "I married a girl whom I loved dearly, then she became a mother, and mine too..."

So how do we keep the grass green enough to stay?

Exercise 1

Name 3 things that YOU can DO, to show the other person how you feel about him/her.

Now write down 3 things that you are going to do over the next 3 weeks to prove that the other person's interests are higher than your own.

Exercise 2

Name and propose 2 things that you can go do that both of you would enjoy and both of you would like.

Exercise 3

Name and decide to do 1 thing that would make the business part of your relationship better for your partner. (Remember we'll never ever compromise or exchange this.) This is where you'll pay for certain things, or drop the kids at school etc. Once you've decided you need to keep to it!

Exercise 4

What can I do to improve both our security needs? (This has to be behaviour driven i.e. "I'll wait for you outside in the drive way when you're arriving late from work.)

Please note the following:

A household is a BUSINESS entity and should be run as such, when we talk household we don't involve LOVE. So when we talk household, we're talking business and not love. The SECURITY need will always have to be resolved on a physical level and never at a feeling level. People's feelings are a result of how they behave towards each other.

Security only becomes negative once it starts to dominate the relationship.

Please read Eric Burns – Transactional Analyses.

Work that must be done in a relationship that's damaged and as a rule in general:

We must establish behavioural approval from each other. The bigger the approval rating the better. We need to find activities that both would enjoy doing together so that the unapproved behaviour can be changed. Our brain learn from muscle to neurons so the doing part is very important!

We have to learn new behaviour patterns, this must be monitored by your coach or marriage counsellor. Please ensure that your relationship quadrants are clean and never mixed, it will feel like chaos if it's not and a lot of cleaning up must be done then first.

Communication is NOT the problem it's only a symptom of the real issue, the same applies to respect. Both breaks down when we don't spend time together doing the things we both love and enjoy.

Let's re-cap:

1. Stop trying to think differently, ACT differently... change your habits! It will change all of the above!
2. Behave consistently in correspondence with the key drivers in the relationship.
3. Acknowledge and change the relationship frame: i.e." We are no longer friends but business partners."
4. Don't ever mix: Don't buy from family, don't do business with friends!
5. Always give more than you take!
6. Never use strengths, weaknesses, differences or similarities as a weapon or opposing obstacle. Rather use it as an opportunity.
7. Use your Shadowmatch relationship report to create positive relationship building opportunities.
8. Help each other towards a better relationship, help change habits:
 - Work on your activity plans
 - Work to get to the outcomes
 - We must be mature enough to know when it just doesn't work, when the relationship are dominated by the wrong drivers over time, then you have to walk away. (Ask your coach to help you do it in a positive manner.)
9. Remember that science has proven that hate just destroys the hater, it does nothing to the hated!
10. Think of something special to surprise your loved one with.

I hope that this is helping you, if not and no repair is possible please contact me in order to get assistance for a better divorce, please understand that this is a guideline and that if you need assistance that I'm available to contact:

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