Index

Α

AARP survey of sexuality in older women, 123-24 Abraham, Karl, 211n10 The Age of Innocence (Wharton), 125 Allen, Woody, 141 Annie Hall, 112 ambivalence, 23 anger, 85, 119 Annie Hall (Allen), 112 Antony and Cleopatra, 13-14 Aphrodite, 13 Apollo and Daphne, 13-14 Arrien, Angeles, 133 В Baal Shem Tov, 181 bad moods, 74–75 Bergman, Ingrid, 11 betrayal, 68–70 the blahs, 66-67 blame, 51–52, 71–72, 85, 87 Bloom, Linda and Charlie, 97 Braff, Elaine, 177 bravery, 196 Brown, Brené, 172-73 Brown, Charlie, 153 Buddhists, 176 bullying, 51–52 Burnett, Frances Hodgson, 31 C calming ourselves down (self-soothing), 42–43, 48 Campbell, Joseph, 196 celebration, 195 change, wholeness in the midst of, 187-88 child development, stages of, 209n1 childhood, recalling, 33–34 childhood history and response to criticism, 38-39 Chödrön, Pema, 85 When Things Fall Apart, 18 choice, 194 cocreation, 195-96

```
codependence, 150-51
Cohen, Leonard, 164–65
commitment, 194
communication
  hostile, 51–52
  skill of, 32–33, 35
compassion, 183, 195
confirmation bias, 156
conflict
  avoiding, 193
  managing, 43–48, 71, 192
  sweeping tensions under the rug, 70–71
connection, loss of, 71–72, 124, 213nn2–3
a couple on the edge (Charlie and Megan's story), 97–109
  Charlie learns of Megan's affair, 97–100
  Charlie remembers his childhood, 105–7
  Charlie's inner war of desperation, 100–101
  courage to start a new marriage, 101–2
  delving deep, 102-4
  reaching out to each other, 108–9
  trust issues, 104–5
courage, 196
criticism
  inner, 58
  of our partner, 71–72
  response to, 38-39, 46
Cupid, 13–14
D
Dalai Lama, 183–84
Decision (stage four), 77–96
  building a new relationship, 92–93
  and clarity, 84
  hard decisions, 81–84
  keeping vitality in the relationship, 89–91
  leaving the relationship, 84–86
  making different decisions, 86-87
  Marge and Fred's story, 89–91, 177
  Nan and Robert's story, 93–96
  options and outcomes, 80–81
  overview of, 4, 77–79, 193–94
  parallel lives, 88–89, 91
  quiz for, 201–2
  relationship review, 79-80
```

```
a separation, 93–96
  stepping into (accepting) dilemma, 79–80
defensiveness, 37, 38
denial. See Doubt and Denial
depression, 67, 153
Dialogue Wheel, 213n3
Dickinson, Emily, 197
differentiation, 46–47, 127–44
  Charlie and Megan's story, 138–43
  family experience/trauma's impact on us, 131–37
  our one wild and precious life, 130
  overview of, 127
  separate and together, 128-30
  Where am I going?, 130–31, 141–44
  Where am I now?, 130–31, 138–41, 143–44
  Where have I been?, 130–31, 143–44
Disillusionment (stage three), 55–64
  back to the beginning, 56–57
  Charlie and Megan's story, 59–64
  as love's cold interval, 57–58
  overview of, 4, 55–56, 192–93
  quiz for, 201
  the return of "I," 58–59
divorce, 84
dopamine, 66
Doubt and Denial (stage two), 19-29
  Charlie and Megan's story, 24–29
  differences between you, 20, 22, 29
  doubt's echo chamber, 23
  first fight, 20
  and infinity loops, 21
  learning to steer through, 23–24
  overview of, 3-4, 19-21, 192
  quiz for, 200-201
  and sexual differences, 22
Draper, Francesca ("Chex"), 170–71, 182–83
Ε
80–20 reactions (overreaction), 136, 162
Ellison, Sharon, 37
emotional allergy, 136–37
emotional core, 33–34
endorphins, 14, 111, 210n7
```

F

Fadiman, James, 212n1 (ch. 4)

Faust (Goethe), 55

fear, 42, 43

Feiler, Bruce, 175

Felker, Clay, 178-80

fight-or-flight response (freezing, fleeing, or fighting), 40–42, 49, 51

Fisher, Helen E., 151, 209–10n2

Fogelman, Eva, 133-34

forgiveness, 183, 195

Frager, Robert, 212n1 (ch. 4)

freezing, fleeing, or fighting (fight-or-flight response), 40-42, 49, 51

Fromm, Erich, 182, 184

G

generosity, 44–45, 58, 175–76

Godwin, Gail, 169

Goethe, Johann Wolfgang von: Faust, 55

Golden Rule, 51

Gordon, Lori H., 213n3

grief, 84–85, 153, 181

grumpiness, 74–75

Guided Mindfulness Meditation, 47

Н

heartbreak, 152-53, 170-72

heart's symbolism, 168–70

Helen of Troy, 13-14

Hendricks, Gay and Kathlyn, 167

Hendrix, Harville, 15–16, 211n10, 213n3

the hero's journey, 197

Hopkins, Gerald Manley, 157

humor, 180-82

Hunt, Helen, 15–16

I

Ibn Sina, 12

Imago Relationship Therapy, 15–16

impulsiveness, 170

individuation, 56, 212n1 (ch. 4)

infinity loops, 21

Intentional Dialogue, 213n3

intergenerational self, 175