

Module 6: Activating Attachment Resources (Honeymoon Imagery)

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Goal of this module: Activate the attachment need in imagery.

Bring the couple back—through imagery—into contact with their loving feelings. This presupposes that the couple has positive relationship experiences that can be reactivated as a resource (usually from the beginning of the relationship or before they had children). This exercise can be executed with both partners. You may do it with the one you want to engage more into the therapy.

Procedure: We sit close behind the actively working partner, in this case Betty. In this exercise, we generally keep using the formal “you,” because Betty remains in a reality-based adult mode:
“Okay ... then let’s all close our eyes ... connect with the feelings in your chest and belly, and Betty, allow yourself to drift back to the time when your relationship began ... please let an image arise from the time when you were perhaps in love with Tom. Where are you? ... What place/room exactly are the two of you right now?... What season is it? ... What are you doing? ... What do you hear ... feel? How does it feel to be in this place now? ... What do you see when you look into Tom’s eyes? ... How do you feel—right down into your body—when you see that? ... And what would you like to like to do with Tom now from within this feeling, or what would you like to him say to him? ... He can hear you ... Can you tell him that directly now? ... How do you feel as you do so—right down into your body? ... Please stay with this feeling while I go over to Tom now.”

We now sit close behind Tom: *“Tom, are you at this place as well? How does it feel—right down into your body—to be there? ... What feeling arises when Betty speaks like this now? ... How does that feel? ... What is your impulse now? ... Can you imagine moving closer to this Betty?”*

Then guide the couple—just as at the end of Module 5—into connection and the subsequent discrimination exercise.

Note: Most couples embrace—some even kiss. We tell the couple that we also have our eyes closed and turn away. If the feeling of closeness is not sufficient for that, they can also simply hold hands. It is good as it is. However, the intensity of rapprochement has prognostic value for how much closeness is still possible between the two.

Possible homework: At home, close your eyes as often as possible and reconnect with these images and feelings. On their shared evening, the couple can also look at old photos (e.g., from vacations) and tell each other old stories.