




DR. DAVID PELCOVITZ
SHARES...



TAL BEN SHAHAR
RESILIENCE COVID

[AFFECT]

- ALLOW SELF TO EXPERIENCE FULL RANGE OF EMOTIONS
- STRESS, ANGER, LOVE LET IT FLOW THROUGH YOU
- ALL EMOTIONS FLOW THROUGH ONE PIPELINE IF I BLOCK ONE I AM NOT ALLOWING JOY AND LOVE ROOM
- **GOLDA MEIR THOSE WHO DON'T KNOW HOW TO WEEP WITH WHOLE HEART DON'T KNOW HOW TO LAUGH EITHER**
 - NAME THE MONSTER– BROCAS AREA TALK ABOUT FEELINGS
- PENNEBAKER WRITING JOURNALING- FOR FIVE OR 15 MINUTES ALLOW TEARS: BEETHOVEN STORY
- IF WE WANT TO FULFILL HAPPINESS WE NEED TO ALLOW UNHAPPINES

[GRATITUDE]

- THOSE WHO KEEP GRATITUDE JOURNAL ARE HEALTHIER AND HAPPIER
- COUNTING BLESSINGS
- SHAAREI TZEDEK HOSPITAL STORY
- YOU CAN ALWAYS FIND SOMETHING TO BE GRATEFUL FOR EVEN IN TOUGH TIMES MIGHT BE GREAT MEAL, OR SMILE, SHARE GRATITUDE WITH OTHERS, SEE BEYOND SITUATION
- BARBARA FREDRICKSON BROADEN AND BUILD WE LOOK OUTWARDS AND BUILD PAINFUL EMOTIONS WE NARROW AND CONSTRICT BY EXPRESSING GRATITUDE WE START UPWARD SPIRAL
- APPRECIATE HAS TWO MEANINGS THANKS AND GR
- WHEN YOU APPRECIATE THE GOOD THE GOOD APPRECIATES
- TO APPRECIATE ALL THOSE AROUND US DOING THEIR BEST

BEHAVIOR

- **1. EXERCISE**– LEAST LIKELY TO EXERCISE DURING EXAMS THESE ARE TIMES MOST IMPORTANT SO MANY ONLINE PROGRAMS
- RESEARCH SHOWS **EXERCISE AS EFFECTIVE AS MOST POWERFUL MEDS** FOR DEPRESSION OR ANXIETY RELEASES EPINEPHRINE DOPAMINE BAVIAK SHOWS THIS NOW THAT WE ORDER ONLINE WE NEED TO EXERCISE
- **NOT EXERCISING IS LIKE TAKING A DEPRESSANT**
- **2. RELATIONSHIPS**
- CONNECTION AND PAIN RELIEF– FINDING OF DR DUKE AT EMORY SENSE OF CONNECTION-
- DATE TREES
- NUMBER ONE PREDICTOR OF HAPPINESS QUALITY TIME WITH PEOPLE WE CARE ABOUT AND WHO CARE ABOUT US
- ALSO NUMBER ONE PREDICTOR OF PHYSICAL WELL-BEING
- PUT TIME ASIDE AS DAILY RITUAL TO CONNECT
- FRANCIS BACON BRITISH PHILOSOPHER: “FRIENDSHIP DOUBLES JOYS AND CUTS GRIEF IN HALF “

[COGNITION]

■ DISTRACTION:

- USUALLY VIEWED AS NEGATIVE, NOT ALWAYS NEGATIVE UPSIDE IS IN TODAY'S WORLD WE ARE BOMBARDED WITH NEWS PICTURE THAT EVERYTHING IS TERRIBLE NOTHING IS GOOD OR BAD
- WATCHING COMEDY OR MUSIC OR POEM FIND HEALTHY DISTRACTIONS MEANS WHAT WE ARE DOING IS GETTING MORE REALISTIC VIEW OF REALITY MEDIA IS MAGNIFYING GLASS DISTRACT TO GET MORE REALISTIC VIEW BY BROADENING PERSPECTIVES

■ FIND BENEFITS

- BENEFIT FINDING OPPOSITE OF FAULT FINDING
 - ASK SELF WHAT BENEFITS ARE THERE TO SITUATION I APPRECIATE LIFE MORE THAN I DID BEFORE, POINT IS NOT THAT THINGS ARE FOR THE BEST WE HAVE A CHOICE CAN CHOOSE TO MAKE THE BEST WE DIDN'T ASK TO BE QUARANTINED WE CAN CHOOSE TO FOLLOW THE ABC'S PERMISSION TO BE HUMAN WHETHER PLEASURABLE OR PAINFUL, GRATITUDE ALONE OR TOGETHER, MOVER EXECCISE , INVEST IN RELATIONSHIP, DITRACT AND FIND BENEFITS
- THOREAU SAID THE FAULT FINDER WILL FIND FAULT EVEN IN PARADISE



**MARRIAGE AS PEOPLE
GROWING MACHINE**



- Managing expectations
- The elevator story

Marriage as Source of Growth

- We're not born with an understanding of ourselves
- We learn and perfect ourselves from our interactions with valued others
- Nesuin: “nes” vs “masoh”: miracle versus burden

Now and What He'll be Later

■ NOW

- Handsome
- Strong
- Sweet
- Generous
- Brilliant
- Charming
- Brave
- Loving
- Neat
- unique

■ LATER

- Vain
- Controlling
- Mushy
- Wasteful
- Boring
- Annoying
- Reckless
- Suffocating
- Obsessive
- Weird

I HATED THE WAY
I TURNED OUT..



MOTHER WAS
SECRETIVE. I HAVE
BEEN OPEN.



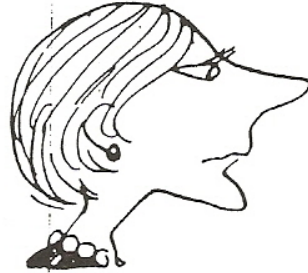
SO EVERYTHING MY MOTHER
DID WITH ME I HAVE TRIED
TO DO THE OPPOSITE WITH
MY JENNIFER.



MOTHER WAS EVASIVE.
I HAVE BEEN DE-
CISIVE.



MOTHER WAS
POSSESSIVE. I
ENCOURAGED
INDEPENDENCE.



NOW MY WORK
IS DONE. JENNIFER
IS GROWN.



MOTHER WAS MANIPULA-
TIVE. I HAVE BEEN
DIRECT.



THE EXACT IMAGE
OF MOTHER.



9-8 © 1974 JILL SETTER



Fighting as Engine of Growth

PRINCIPLES FOR EFFECTIVE MARRIAGE: effective fighting

- Marriages more likely to end because of avoidance of dealing with issues than because of frequent fighting
 - start with complaint not criticism, wife's usually responsible for harsh startups since they typically begin conversations
 - Start with "I" not "you"
 - Describe what is happening, don't evaluate or judge
 - Don't store up anger- schedule gripe sessions

JOHN GOTTMAN'S LAB

- Couples in effective marriages do fight. However they have built-in barometer to avoid the fights ever getting out of hand and fight-stopping mechanisms e.g. humor.

FROM BLAME TO CONTRIBUTION

- Focus on blame problematic because it inhibits ability to find true cause of problem
- blame is about judging, contribution about understanding
- blame breeds defensiveness and staying caught in the past contribution is future focused

ADVANTAGES OF CONTRIBUTION

- Contribution is easier to raise and encourages learning and change
- Need to focus on understanding contribution of both parties in conflict
- Expressing feelings helps reduce impulse to blame
- Looking at contribution of “victim” is not the same as blaming the victim
 - behavioral “guilt” as energizing in victims

Pathways to Acceptance

- A combination of acceptance and change is the most effective approach to managing anger in marital communication
- Acceptance through understanding- to name the monster is half the battle
 - Differences rather than defects
 - Vulnerability rather than violation
 - The big picture rather than little behavior

Pathways to Acceptance (continued)

- Acceptance through compassion (vulnerability)
 - Getting in touch with partner's vulnerability and sharing yours can promote acceptance
 - Opportunities for increased intimacy when a calm discussion can take place after a fight
- Acceptance through tolerant distance (incompatibility)
 - Deal with incompatibilities by seeing them as “problems we have” rather than “things you do to me”- broaden the context e.g. male female differences
 - Observing rather than participating- process rather than content; creating a name to blame
 - humor

Getting Used to Differing Family Styles



Dimensions that families differ on:

- Hierarchy:
 - Rigid Vs. Chaotic
- Intimacy
 - Enmeshed Vs. Disengaged

[Hierarchy: Chaotic]

- **Hierarchy: Challenges Posed by In-laws With a Chaotic Rule Structure**
 - Can range from rigid to chaotic. Chaotic families might pose difficulty for son-in-law or daughter-in-law regarding issues such as:
 - Sense of time
 - Sense of discipline
 - Formality
 - Sources of such conflict might be expecting them for dinner and having them come very late or not at all, or perhaps a style of disciplining or supervising grandchildren in a manner that might seem like neglect to a more disciplined young parent

[Hierarchy: Rigid]

- In-laws with rigid hierarchy are more likely to:
 - Stand on ceremony if son-in-law or daughter-in-law isn't careful about calling, remembering birthdays.
 - Might be less understanding regarding lack of promptness
 - More likely to get upset at a perception of overly lax parenting style when spending time at children's home
 - In turn their discipline might be viewed as too controlling, overprotective or rigid when watching grandchildren

[Intimacy]

- Enmeshed:
 - Put on a sweater, I'm Cold
 - Your pain is mine if you're happy I am
- Can cause problems regarding unexpected visit, prolonged visits, expectations of closeness that son-in-law or daughter-in-law with a “psychological allergy” to closeness that they view as smothering.

Disengaged:

- Might find that visiting children a few times a year and an occasional call is more than sufficient.
 - Can easily seem uncaring to a son-in-law or daughter-in-law who either come from a family with a warmer emotional temperature
 - If son-in-law or daughter-in-law comes from a background where they are looking for parenting this can be problematic



Breaking The Code

Based Largely on the Ideas of Rona
Novick, Ph.D

[Family rulebook]

- Their playbook- nobody gives you the real set of rules until there is a penalty on the play
 - Don't you know can't go to this house without flowers
 - Need open communication with spouse to educate you about culture of family

Life situations when tension likely to run high: Prememptive Cueing

- Transitions
 - Birth of child
 - Moves
- Start of new business
 - Like if son works for parents tension for daughter in law adds other layer of conflict
 - Anything around finances can cause tension
- Resource reallocation
 - E.g. after death who gets what after death
- Holidays
 - Whose minhagim do you use?

[Solutions]

■ Communication

- Between spouse and their partner on how you understand parents what is their perspective
- Also in respectful but assertive way between daughter in law and mother in law- we hope you respect our style etc
- From father in law and mother in law point of view have challenge of needing to learn how to bite tongue –
 - Suggesting soup can use salt may be knife in heart of insecure new cook

[Setting Limits]

- Clarifying rules and expectations
 - Define and set boundaries with in-laws concerning feelings, thoughts and expectations about holidays, visits, time with grandchildren, financial issues, and privacy.
- **Calmly saying no:**
 - Insure you are on same team as spouse and that you preemptively develop a signal or password if necessary signaling when it is time to end a visit, distract or intervene

CRITICISM

- **Explore with spouse a coping plan for dealing with your frustration with their parents.**
- **If your spouse criticizes them, just listen. Making comments other than asking clarifying questions can create problems**

[Name the Monster]

- Leading stress when spouse husband or wife is banned from saying anything negative about spouses parents
 - If can't vent after trying interchange not great
 - Spouse need to learn is to validate without agreeing
 - Need to say sounds like you had a really bad day with her

[Validate]

- Where else can spouse go without being able to vent
 - There is a tense relationship and she needs to be allowed to vent otherwise she will spill over to mother in law which is bad
 - Research that more husband accepts wife's viewpoint the more she sees his
 - Need for wife and husband to develop their own unique voice in the new family. Healthy families aren't necessarily replicas of the either spouses family of origin

[Empathy: Perspective Taking]

- Try to see other person's point of view
- Wife, not mother-in law is in charge
- Daughter-in-law needs to be sensitive to the fact that the mother in law has experienced loss
- Mother in law: needs to allow for irony that her it's time of loss is a time for happiness for her daughter-in-law
- Need to learn to put one's self into other person's shoes

[Impediments to Empathy]

- Saying that chance makes your parents choice makes your friends
 - Don't get to pick parents
 - In-laws are bizarre hybrid choose spouse not in-laws
 - Need for accommodation: no chance to get used to them
 - He has lifetime to get used to mother

[Couple as Priority]


- **LOYALTY**
- By validating his or her need to be loyal to parents spouse is often freed up to be able to appropriately put you first- where you belong.
- Married couple has to find time that is just for couple even during joint holidays it is important to carve out time alone
- Adopt mantra that they are doing the best that they can have to have accepting attitude
 - Doesn't mean you have to take it without complaint
 - Rather than go on rampage of revenge just assume that if your mother in law is distant and cold may be because she is distant and cold woman- tyranny of the shoulds

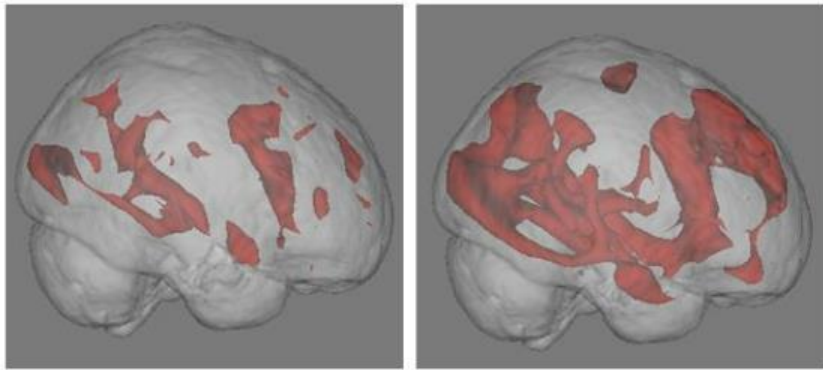
[Opportunities]

- Praising
- Idea of calling father in laws before shabbos
- Power of seeking advice from a mother-in-law or father-in-law



**PAYING ATTENTION: THE
IMPACT OF TECHNOLOGY**

- 
- A large black left bracket and a large yellow right bracket are positioned at the top of the slide, with a thin yellow horizontal line connecting them across the width of the page.
- Mirror neurons and the building of relationships through face to face contact
 - Texting versus phone study-
 - Finding that children were soothed by voice not SMS



Pizur Hanefesh

- Emotional state of mind characterized by:
 - Fragmentation
 - Confusion
 - Insecurity
 - A sense of internal chaos
- Chovas Halevovos: (Rabbeinu Bachya, 1040) : “May God save me from fragmentation of the soul”

חובת הלבבות בפתיחה לשער

הבטחון

ה' יצילני מפיזור הנפש

Losing Touch

“When things come at you very fast, naturally you lose touch with yourself.”


Marshall McLuhan.

Antonio Damasio

- Empathy as well as deep thought depends on neural processes that are inherently slow.

Quiet Sharpens the Mind

- After spending time in quiet rural settings subjects exhibit greater attentiveness, stronger memory and generally improved cognition their brains become calmer and sharper
- The Shallows, Carr



The Power of Positive Thought

במקום שמחשבתו של אדם שם
הוא נמצה האיש

אחר הפעולות נמשך הלבבות

Actions Draw our Hearts

- “smile for seven seconds”
- Study of pencil in mouth and ratings of humor in cartoons

PRINCIPLES FOR EFFECTIVE MARRIAGE: Nurturing fondness and admiration

- How couple views past is clue to remaining capacity for re-igniting admiration
 - research shows that couples ability to put a positive spin on their marriage's history is very positive prognostically
- Reminding self of spouse's positive qualities even in face of anger at flaws, is crucial
- Deliberately thinking and talking about what you admire in spouse can reawaken admiration
- Conjuring up positive thoughts has been shown to be an effective antidote to infidelity.

PRINCIPLES FOR EFFECTIVE MARRIAGE: effective sharing of life

- Reunite at end of day and talk about how day went-
- dealing with stress by turning towards each other
- Need to validate, and avoid immediate lapse into problem-solving mode
 - communicate understanding, show genuine interest
 - take partners side
 - non-verbal signs of listening

PRINCIPLES FOR EFFECTIVE MARRIAGE: Detailed knowledge of each others world

- Importance of goals
- Knowledge of:
 - current stresses, dreams, religious philosophy, favorite music, etc.
- Detailed knowledge of spouses life and, hopes has been found to be the crucial buffer against the stress experienced by 2/3rds of couples after birth of first child

Planned Discussion



Three Mind Sets for Facilitating Planned Discussion

- Curiosity rather than certainty
- Tolerant distance
- Empathy

Speaker Listener Technique: Speaker

- The Speaker talks about their feelings and concerns in short, clear statements, just one or two sentences at a time. Too often, we run on and on, and nobody can remember all of it! The goal is to keep statements short enough to be sure the Listener can remember and repeat it.

Speaker Listener Technique: Speaker

- After each short statement, the Speaker allows the Listener to paraphrase, or briefly repeat what the Speaker has said. The Speaker can ask for a paraphrase at any time. The Speaker must tell the Listener if the paraphrase is correct. If it is not, the Speaker can repeat the missing parts and ask for another paraphrase.

Speaker Listener Technique:

Speaker

- The Speaker also try to use “I” statements, talking about their side of the story, instead of blaming or accusing the partner, or assuming you know how they feel. “I” statements include *“I feel hurt (angry, frustrated, etc.) when you watch TV instead of talking to me”*, instead of *“You never listen to me!”* Or *“You come home late and we don’t eat dinner together; I feel lonely”*, instead of *“You don’t care about me anymore!”*

Speaker Listener Technique: Speaker

- The Speaker can pass the floor to the Listener at any time, to change roles. Let the Listener give their side of the story and have a turn at being the Speaker. Don't pass the floor until you have had enough time to explain your feelings and concerns, asking the Listener to paraphrase every couple of sentences. Do pass the floor before you bring up a new topic or opinion, so the Listener can respond to each point.

Speaker Listener Technique:

Listener

- The Listener must paraphrase the short statements of the Speaker, in order to indicate they have been listening. Briefly repeat back what you heard the Speaker say and make sure it is correct. Ask for repeats if you are not sure you remember it all. Parroting (repeating word for word) is not what we are talking about. Instead, use your own words to get across the meaning of what you heard the Speaker say.

Speaker Listener Technique: Listener

- The Listener may also validate the Speaker, briefly letting the Speaker know that you understand how they might feel the way they do, even if you disagree. You could say, “*I understand*” or “*I see what you mean*” at the end of a paraphrase. This doesn’t mean you agree, just that you can see it from their perspective. Save agreement or disagreement for your turn as Speaker.

Speaker Listener Technique:

Listener

- Lastly, the Listener can ask for examples or explanations of something the Speaker said. This is important in helping the Speaker stay specific. These questions can only be about what the Speaker already said, not anything new. Ask “*Can you give an example of a time that happened?*” or “*I’m not sure what you mean by never listening.*”

Speaker Listener Technique:

Listener

- The Listener may not offer their opinion or thoughts until they get the floor and become the Speaker. This is the hardest part of being a Listener. Your job is to speak – only in the service of understanding the Speaker as well as possible. Any words or gestures that show your opinion are not allowed, including making faces. You will always get your turn to give your side of the story as the Speaker.

[Stop Action]

- The Stop Action has some specific uses in the Speaker-Listener technique. Either the Speaker or the Listener can use the Stop Action rule.
- The Speaker uses it to:
 - Stop escalation from occurring, such as if either person starts to yell or get out of control.
 - Stop the Listener if their paraphrase is incorrect or if the Listener starts expressing their own opinion.
- The Listener uses the Stop Action to:
 - Stop escalation from occurring, such as if either person starts to yell or get out of control.
 - Stop the Speaker from going on too long before allowing the Listener to paraphrase.

Move from certainty to Curiosity

- Instead of asking “how can they think that?” ask “what information do they have that I don’t?”
- Get curious about what you don’t know about own motivations; I what rules underlie your reaction? E.g. “you should always show concern about others problems”

Embrace both stories: adopting the “and” stance

- Don't choose between the stories; embrace both
- don't worry about accepting or rejecting each other's story focus first on understanding
- because of different interpretations and information both stories can be right at the same time
- example about conversation with teen about smoking- you know that you are right but conversation is really about feelings- parental fear, and adolescent need for independence
 - not about who is right but about trying to understand what gets in the way of smokers admission that they need to stop

Assumptions about intentions are often wrong

- People tend to assume intentions from impact- if we feel hurt we assume they intended to hurt us
 - people tend to assume the worst; e.g. somebody late for movie, we assume they don't care about keeping us waiting
 - tendency to treat ourselves more charitably; people often unaware of negative impact they have on others
- Getting intentions wrong is costly
 - easy jump from “bad intentions” to viewing person as having “bad” character
 - accusing others of bad intentions tends to engender defensiveness

Good intentions do not sanitize bad impact

- Need to tune in to underlying feeling; if father stays at work and explains to son that he didn't intend to miss seeing play still need to address child's hurt feelings at not being a priority
- Because of complexity of human motivations intentions are often mixed- what we intend may not always be so pure; important to be open to this complexity
- defensiveness, attribution of negative intentions, and ignoring the impact we have on others is especially prone to aggravate hostility

SOLUTIONS REGARDING

DISENTANGLING INTENT FROM IMPACT: 3

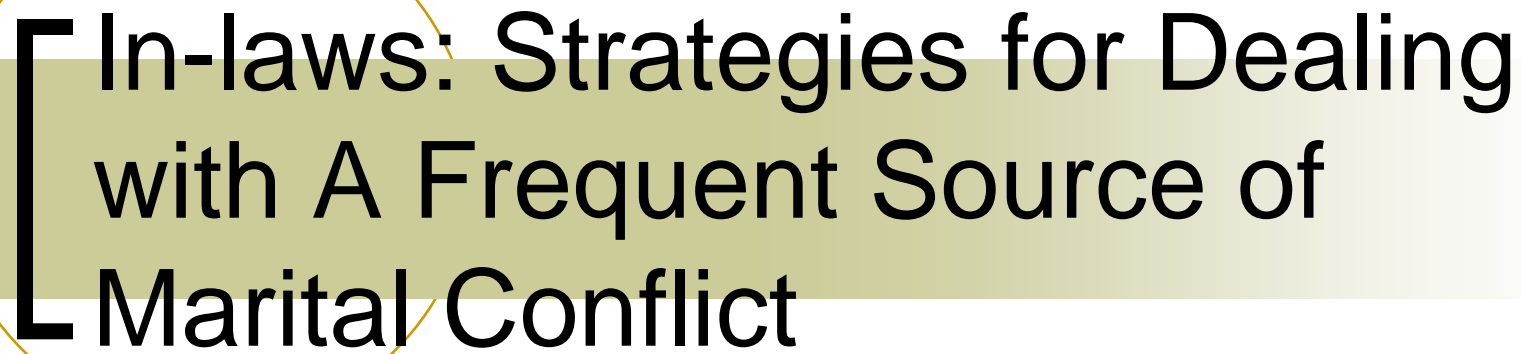
- Disentangle impact and intent
 - hold view regarding others intention as hypothesis
 - share the impact on you; inquire about their intentions
- Listen for feelings and reflect on your intentions
 - start by listening and acknowledging their feelings
 - be open to reflecting on the complexity of your intentions

MAP THE CONTRIBUTION SYSTEM

- Before discussion list each person's contribution to the problem
- Take responsibility for your contribution early in the conversation
- Share as explicitly as you can what the other person did that triggered your reaction
- Clarify what you would like them to do differently in the future and explain how this would help you behave differently

[Reflect Calmness not Anger]

- When what is bounced back to the individual is understanding and firmness rather than anger
- Aim for tolerant distance: When individual has a high temperature and is acting cranky
 - Example of seeing rebellious adolescent as next door neighbor's



In-laws: Strategies for Dealing with A Frequent Source of Marital Conflict



Expectations: Conflict is
Common- Going from Threat
to Challenge

[The Default Setting]

- The default setting is to think that all families are like your family of origin- the reality is that every family is different and that one's spouse's family, almost by definition will seem different
- Key is not to see this as better or worse- rather as variation on the theme of normal. Once one pathologizes this difference as a "defect" one's spouse is likely to respond by seeing this issue as one of divided loyalties and a non-productive defensiveness and escalation of conflict is likely to follow.

Accommodation vs Instant Family Member

- It is easy to forget that in dealing with our parents we have the benefit of decades of learning to accommodate to the emotional needs, demands and unique idiosyncrasies of our parents. Often our accommodation to their personalities is so much a part of us that we don't even realize how we have molded our behavior to minimize conflict and maximize effective communication
- Bring a high level of empathy to your spouse who doesn't have the benefit of this experience and is often expected to "instantly" master this complex and often inscrutable code of conduct