

## CHAPTER NOTES

<sup>1</sup> A term coined by British psychologist D.W. Winnicott.

<sup>2</sup> See Kathy Steele, Reflections on integration, mentalization, and institutional realization. *Journal of Trauma & Dissociation*, 10[1], 1-8 cited in *EMDR and Dissociation: The Progressive Approach*, Anabel Gonzalez & Delores Mosquera, 2012, [info@itradis.com](mailto:info@itradis.com).

<sup>3</sup> It remains true that genuine love would foster the core ingredients valued in that different culture, so the Gottman and Sherman frameworks should still be useful in learning to love more effectively in that setting.

4. Use of “he or she” to avoid sex-role stereotyping or bias would be very awkward throughout a book of this type. Breaking the rules of grammar by using the gender-neutral “they” seems to be the best solution and I will do so throughout except when certain examples require the use of “he” and “she” to designate a child and the particular parent.

<sup>6</sup> Gottman’s research into how relationships deteriorate shows the tipping point comes around the issue of experiencing the partner as primarily selfish. From the time that conclusion is reached, it’s all downhill. His *Science of Trust*, 2011, is a scholarly tome presenting his research findings. In *The Seven Principles for Making Marriage Work* and *Ten Lessons to Transform Your Marriage*, he has presented the material for the general public.

<sup>7</sup> Gottman’s *Raising an Emotionally Intelligent Child* shows the link between attunement in adult relationships and “emotion coaching” one’s children.

<sup>8</sup> This is a reference to four mythical figures in the Judeo-Christian Bible’s final Book of Revelation. Their appearance is said to signal the end of the world.

9 If a “runner” is someone who runs and a “painter” is someone who paints, it follows that a “lover” is someone who loves. Unfortunately, I can’t take back the term from popular usage which has made it strictly sexual. I’m stumped for a good alternative. “The love giver” or “one who loves” are awkward, but seem the best I can come up with, for now.

10 As more is understood about the brain, many neuroscientists reserve the word *emotion* for the neurological and physiological activity prompted by an event. As those reactions take place, the conscious mind interprets them and develops a vocabulary of nuanced words for events that start out primarily as mad, bad, glad, sad or scared. In such a framework, the words for *the conscious experience* are “feelings.” Like most people, I tend to use emotion and feeling interchangeably.

### Chapter 1: What Do I Mean by Love?

<sup>1</sup> Not all emotions include really clear physical experiences to help us know what we’re feeling, but many do. For instance, if I honestly report “I’m afraid”, my heart rate is faster than normal,

my muscles are tense, and there are stress chemicals like adrenaline pouring into my system and hyping me up, preparing me to run away or defend myself. If I say “I fear Ted” or “I’m afraid of Ted” and Ted’s not around right this minute, I may not be experiencing those physical reactions currently, but we both know I’m saying that when Ted is around, my brain and body are on alert, ready for action. Similarly, I can say “I love Bob” without being in the midst of experiencing the physical sensations I describe as “treasuring of tenderheartedness.”

<sup>1</sup>In his introduction to *The Four Loves*, C.S. Lewis makes this important distinction between Need Love and Gift Love (1960, Harcourt Brace Jovanovich) and Reinhold Niebuhr discusses it in an essay entitled “Man’s Selfhood in its Self-Seeking and Self-giving” in *Man’s Nature and His Communities*, New York, Charles Scribner’s Sons, 1965.

<sup>1</sup> Perhaps it is important to say the same thing one hundred eighty degrees differently: Devotion is when you matter to the other person in your own right--that is, your fulfillment as a person matters to them even if it means making sacrifices on your behalf.

## **Chapter 2: Love Builds Up, Anxiety Disrupts**

<sup>1</sup> Researchers in the field of neurobiology have discovered mirror neurons as the physiological component at work. Garbarini and Adenzato, 2004; Stamenov and Gallese, 2002 cited in van der Hart et al., *The Haunted Self*, W.W. Norton & Co, New York, 2006, p 135. YouTube offers many fine explanation of mirror neurons by researchers like Dan Siegel and Vittorio Gallese.

<sup>1</sup> It may be unsafe to imitate the behavior in the presence of the people from whom they learned it, but sooner or later, when they are with others they can get away with mistreating, it’s likely to emerge.

<sup>1</sup> Psychologist Harry Stack Sullivan regarded this imperative to avoid anxiety as the starting point of every person’s self system. Even in the most loving and safe homes, children experience various kinds of anxiety day in and day out. However, if the child has little time unaffected by extreme moods of the caregivers, he believed their entire personality will form around the need to cope with those extremes. Current researchers and clinicians focusing on the outcomes of trauma and neglect in the early years have proven Sullivan right.

<sup>1</sup> D. Wesselmann, C Schweitzer, S. Armstrong *Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma*, W.W. Norton and Co., New York, 2014.

<sup>1</sup> See Richard C. Schwartz, *Introduction to Internal Family Systems Therapy*, Trailheads Publications, 2001; Shirley Jean Schmidt, *The Developmental Needs Meeting Strategy (DNMS): An Ego State Therapy for Healing Adults with Childhood Trauma and Attachment Wounds*, DNMS Institute, LLC, 2009; Sebern F. Fisher, *Neurofeedback in the Treatment of Developmental Trauma: Calming the Fear-Driven Brain*, New York: Norton, 2014).

## **Chapter 3: The Ambivalence at the Heart of Love**

<sup>1</sup> Several times in this chapter I refer to “in loveness” as a temporary state of brain chemistry. I will explain that further in Chapter Six.

<sup>1</sup> Contemporary culture is in the process of discovering whether and, if so, how parents can establish themselves as the primary attachment figures in their pre-school children's lives in the prevalence of extensive daycare. There is evidence that the "quality" of time spent together is an important factor. I think it doubtful there will ever be agreement about a minimum amount of waking "high quality" time needed to establish "a secure attachment."

<sup>1</sup> The commitment used to be marriage; these days as best I can tell, if a couple living together get pregnant and decide to remain together and keep the baby, a similar mental shift may happen

#### **Chapter 4: The Components of a Resilient Self**

<sup>1</sup> Sullivan's work was neglected in contrast to the theories of Freud. His concepts and style are very challenging to understand and only recently have certain fields of treatment begun to mine his work for the insights it holds.

<sup>1</sup> Brain research has established that we have two different memory systems. There is evidence that even in the womb, a baby's brain is recording experiences of sound and sensation and as soon as they are born, visual images start being added to this implicit memory system. Around age three when we start putting words into sentences, the explicit memory system starts storing narrative stories about events that happen.

<sup>1</sup> I have taken the liberty of modifying the racial dialect of the era. *The Help*, Kathryn Stockett, 2009.

<sup>1</sup> In *Your Child's Self-Esteem*, Dorothy Corkhill-Briggs does an excellent job of explaining the role of mirroring.

<sup>1</sup> Heinz Kohut, *The Analysis of the Self*, 1971

<sup>1</sup> I know many adults whose antennae are still closely tuned to a parent's signals pertaining to whether they are being a good or bad *child*.

<sup>1</sup> See his article "Ego Distortion in Terms of True and False Self" in *Maturational Processes and the Facilitating Environment* (1960).

<sup>1</sup> Andrew and Judith Lester, *It Takes Two, The Joy of Intimate Marriage*, Louisville, KY: Westminster John Knox Press, 1998.

<sup>1</sup> *The Little Prince*, Antoine de Saint-Exupéry's, 1943.

<sup>1</sup> See again C.S. Lewis on "need love" in his introduction to *The Four Loves*, 1960 Harcourt Brace Javonovich.

#### **Chapter 5: Attunement—The Way to Build and Maintain Trust**

<sup>1</sup> People on the Aspergers spectrum have great difficulty with these clues. Some are oblivious to them altogether, though others realize they are “missing something” and are frustrated they don’t know what it is or how to interpret it.

<sup>1</sup> Paul Ekman as cited in Gottman, 2011, p. 179.

<sup>1</sup> Louann Brizendine explains current research that suggests our brains have two different, simultaneously running emotion systems, the mirror neuron system and the temporal parietal junction system. The first involves feeling what the other person is feeling, while the second involves intellectually understanding what the other is feeling—without getting entangled with it—in order to “solve” the problematic emotion. Female brains tend to rely on the MNS and male brains on the TPJ. In *The Male Brain*, NY: Broadway Books, 2010, p 97, 166ff.

<sup>1</sup> He monitored heart rate, respiration, sweat, and urine samples for indicators of stress levels.

<sup>1</sup> See *Raising an Emotionally Intelligent Child: The Heart of Parenting*, John Gottman, 1997, N.Y: Simon and Schuster.

<sup>1</sup> Stephen Porges’ Polyvagal Theory of the nervous system is explained by Pat Ogden in *Trauma and the Body*, NY: W.W. Norton & Co, 2006, pp. 29-33.

<sup>1</sup> *10 Lessons to Transform Your Marriage*, John M. and Julie Schwartz Gottman, New York: Three Rivers Press, 2006.

<sup>1</sup> *The Science of Trust*, John M. Gottman, PhD., New York: W W Norton & Co., 2011.

<sup>1</sup> Steven Covey’s *The Seven Habits of Highly Effective Families* addresses this principle as “seek first to understand, then to be understood.” Franklin Covey Company, St. Martin’s Press, 1997.

<sup>1</sup> I have found many important communication tools in the work of Sherod and Phyllis Miller, et al. *Connecting with Self and Others*, 1988, Interpersonal Communication Programs, Inc., Evergreen, CO. See Appendices B and C.

#### **Part 4: Love in Action**

<sup>1</sup> Sometimes the vicissitudes of life lead to protective walls in spite of a parent’s best efforts. A child needing hospitalizations and painful surgeries, a parent’s absences due to illness or injury, and various other circumstances beyond a parent’s control can lead to coping strategies that make it difficult to believe in the parent’s treasuring. There are therapists skilled in helping parents and children with these difficulties. See Deborah Wesselman et al, 2014 and [www.ancnebraska.com](http://www.ancnebraska.com) .

<sup>1</sup> In classical conditioning, two events that happen simultaneously often become linked with each other in the mind whether they were truly cause and effect or not. So, for instance, a child who undergoes many surgeries and sees mom’s face every time he awakens in pain from surgery might unconsciously link her face with an expectation of pain.

<sup>1</sup> A human baby's brain at birth weighs only about 25% of what it will weigh in adulthood. The cells that will eventually be involved in making sense of a not-present world don't even exist until months and years down the road.

## **Chapter 6: Love Nurtures by Actively Cherishing the Loved One**

<sup>1</sup> For more about what fills people's "love tanks", see Gary Chapman's *The Five Love Languages*, 1992, Northfield Publishing, Chicago.

<sup>1</sup> See Chapter Three of Brizendine's *The Female Brain*, op. cit., as well as Thomas Lewis et al, *A General Theory of Love*, NY: Vintage Books, 2000.

<sup>1</sup> Neurological "action systems" include those of "daily living" such as exploration (work, study), play, attachment, socializing, care-taking, and energy-management (sleeping, eating, home-making) and those of "defense" such as fight, flight, freeze, attachment cry, and submission. *The Haunted Self* –Structural Dissociation and the Treatment of Chronic Traumatization, Onno van der Hart, Ellert Nijenhuis, Kathy Steele, NY: W.W. Norton and Co., 2006.

## **Chapter 7: Love Nurtures by Sustaining the Loved One**

<sup>1</sup> The fact that the comfort of human touch and interaction is necessary for survival was established as early as the 13<sup>th</sup> century the Holy Roman Emperor Frederick II wanted to find out humankind's inborn language. He ordered a group of foster mothers and nurses to feed and tend the basic physical needs of their infants but not to "prattle or speak with them". In the face of drastically reduced human interaction, the infants died. Cited in *General Theory of Love*, 2000, Vintage Books.

<sup>1</sup> In his books *A Fine Young Man* (NY: Putnam, 1999) and *What Could He Be Thinking* (St. Martin's Griffin, 2004), Michael Gurian makes a distinction between empathy nurturance and aggression nurturance, observing that women tend to the first and men to the second. That's because empathic connection is central to most women's sense of self-worth, while independence and performance are more central to men's, so each is prone to give what they would value receiving. This is not true of all men and women, and many parents go against the stereotypes. And since some adults prefer being left alone when they're in pain or feel ill, if they apply the "do unto others" rule, they may make "poor nurses" when a spouse or even a child is incapacitated.

<sup>1</sup> Dorothy Corkhill-Briggs discusses how providing children with certain "safeties" creates their self-esteem. She uses the term "cherishing" more broadly than I use it. *Your Child's Self Esteem*, NY: Broadway Books, 1970.

## **Chapter 11: Challenge Love Confronts Differences Respectfully and Carefully**

<sup>1</sup> Sherod Miller et al, *Connecting with Self and Others*, Littleton, CO: Interpersonal Communication Programs, Inc., 1988.