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# A Key for Couples: Understanding Each Other's Behaviors



Nicholas Pollak / March 28, 2010 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

A couple came to my office the other day whom I had met at a social gathering a couple of weeks before.

When I had analyzed their handwriting, I told them what I felt were their issues. They were amazed at the accuracy of the analysis, intrigued enough to come to my office for a session.

They arrived at the appointed time with their 14-month-old toddler in hand. I noticed straight away they intended to use the baby as a shield, as an excuse to not focus on the issues, to allow themselves to be distracted when they did not approve of something being said.



Once they began to see what had happened, the block became a small obstacle. They realized the obstacle was just a small hitch in their overall objective. Soon they began to communicate, from a thinking level, not a feeling level.

They stopped squabbling and focused on their goals. Intimacy and affection for one another returned.

Both understood their behaviors were neither bad or good, which helped their tolerance for each other's quirks become less reactive.

In previous therapies, they never had learned about each other's behaviors, the dominant and sub-dominant behaviors.

Every person has physical and emotional behaviors. Once we understand what each means, once we see which parts are physical and emotional, an understanding of ourselves and others begins to grow.

Because we have both, we recognize those features within our partners. The result is we are able to recognize what makes each of us act the way we do. This creates clearer communication.

Once the recognition is clear, the couple begins to act from a higher functioning thinking level, leading to a much improved relationship.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [\*\*nickpollak@hypnotherapy4you.net\*\*](mailto:nickpollak@hypnotherapy4you.net)  
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