

# How To Be Less Emotional In A Relationship

*Cognition in Close Relationships* - Garth J. O. Fletcher 1991

First Published in 1991. Routledge is an imprint of Taylor & Francis, an informa company.

Who Holds the Cards Now? - Gregg Michaelsen 2014

*One Health: The Well-being Impacts of Human-nature Relationships* - Eric Brymer 2019-11-07

In recent years there has been a growing body of evidence from fields such as public health, architecture, ecology, landscape, forestry, psychology, sport science, psychiatry, geography suggesting that nature enhances psychological health and wellbeing. Physical activity in the presence of nature, feelings of connection to nature, engagement with nature, specific environmental features (e.g. therapeutic, water and trees) and images of real and virtual nature have all been posited as important wellbeing facilitators. Thus, the association between natural environments and health outcomes might be more complex than initially understood (Pritchard, Richardson, Sheffield, & Mcewan, 2019). Despite the number of studies showing improvements in psychological health and wellbeing through nature-based physical activities or feelings of connection to nature the exact role and influence of the natural environment in this process is still rather unclear (Brymer, Davids, & Mallabon, 2014; Karmanov & Hamel, 2008). Research is also beginning to consider the importance of individual differences, meaning and the person-environment relationship (Freeman, Akhurst, Bannigan & James, 2016; Freeman & Akhurst, 2015) in the development of wellbeing and health outcomes. Furthermore traditional theoretical notions, such as Biophilia, topophilia, restoration theories and stress reduction theories typically used to interpret findings are also being critiqued. Often one of the main barriers for practitioners is the vast array of theories that claim to effectively explain research findings but that tend to be only partially relevant (e.g. for Physical activity or restoration), focus on the characteristics of the person (e.g. nature relatedness) and only some features of the landscape (e.g. therapeutic landscapes). This special edition therefore brings together cutting edge ideas and research from a wide set of disciplines with the purpose of exploring interdisciplinary or trans-disciplinary approaches to understanding the psychological health and wellbeing benefits of human-nature interactions.

30 Covert Emotional Manipulation Tactics - Adelyn Birch 2015-12-26

Learn the manipulator's game, so they can't play it with you. Identifying covert emotional manipulation is tricky. You sense something is wrong, but you can't quite put your finger on the problem. This powerful book will reveal to you if manipulation is at play in your relationships. It will open your eyes. You will learn thirty tactics manipulators use to get what they want. You will also learn to spot the warning signs within yourself that expose covert manipulation is taking place, even if you can't identify the specific tactics being used. This book is geared toward romantic relationships, including those involving a pathological partner. Even so, many of the manipulation tactics are the same as those used by family members, coworkers, friends and others. Covert emotional manipulation tactics are underhanded methods of control. Emotional manipulation methodically wears down your self-worth and damages your trust in your own perceptions. It can make you unwittingly compromise your personal boundaries and lose your self-respect, and even lead to a warped concept of yourself and of reality. With your defenses weakened or completely disarmed in this manner, you are left even more vulnerable to further manipulation and psychological harm. Empower yourself and get your life back! "An excellent and concise guide to emotional abuse. Here is a concise listing with well written descriptions of each method and tactic of emotional abusers. In my opinion everyone should read this book. Forewarned is forearmed." "Clear, concise, accurate portrayal of complex subject matter impacting many people. I appreciate the accessibility to the general public of a topic that is often overlooked, but impacts morale not only in romantic relationships, but in the family, at work and in myriad social situations." "Wow. What a sap I've been. I've been victimized by a control freak domineering wife for nearly 30 years. I knew I was passive but I had no idea how cutthroat she really was. Very eye opening." "This author nails it. Some examples were direct quotes from people I know, so I know I am not alone in having been manipulated. It is directly applicable to my life and gives excellent

guidance for how to recognize and therefore avoid manipulations in the future. I am recommending it to a number of my friends." "At first I thought this was another of those "little books" with no content. I went ahead and got it anyway. Immediately I realized I was wrong. Good choice." "Knowing the tactics made me far less emotional about what has been happening, better able to deal with the manipulation. Consequently, I look less crazy, I count that as a win!" "BRAVO! Everyone should read this... if you're in a controlling relationship, man or woman, this will help you spell it out. Don't let these people in at ANY cost..it's not worth your LIFE" "Short and right to the point. Worth re-reading and, because of the format, it was easy to locate points that I wanted to find again. This book provides instant clarity." "Must read for anyone who interacts with other people, ever! VERY useful information everyone should be aware of!"

"Great! This is one of those great little book that you come across once in a while. The book is short because it left all the bulls\*\*\* and fillers out!"

"Excellent! A must read for anyone that is lost in a relationship. I would like to thank the author for an eye opening experience! This book has clarified more for me than I have ever understood in my entire life time.

"Impressive! Short, direct, and thought-provoking. I only wish I had read it years ago! Every young person should read this before dating!" "If you're wondering . . . "gee, should I read this book?" The answer is YES.It should be required for every human adult's relationship toolkit."

Intimate Partners - Maggie Scarf 1987

Study of love relationships examines how they work and the underlying causes of marital tension. Explores 4 levels through which marriages pass and explains why some partnerships fail at particular stages. Some strong language and some descriptions of sex. Bestseller 1987.

**Emotional Intelligence Mastery** - Richard Wallaces 2018-12-18

Practical strategies to master your emotions effectively! \*\*\*Get the Paperback and Receive the Kindle Ebook For FREE\*\*\* Ever felt angry or frustrated at someone - and snapped? Taken your own insecurities and emotive worries out on someone else to make yourself feel better?

Knowing how to control these feelings and your reactions to them is known as "emotional intelligence." We are getting richer, but less and less happy. Depression, suicide, relationship breakdowns, loneliness by choice, fear of closeness, addictions--these are clear evidence that we are getting increasingly worse when it comes to dealing with our emotions. Life is very busy these days and decisions we take can be made rashly - without any real thought going into them - and this can lead to disaster - negativity, stress and overwhelm are just some of the consequences. Mastering our emotional intelligence should be high on the scale of our personal development skills but, all too often, we neglect it. Imagine being able to gain back control of your life. Imagine living a happy life with confidence. Emotional Intelligence is a skill and can be learned through constant practice and training It directly impacts the way we formulate personal decisions, the way we manage behavior and our ability to maneuver through social complexities Emotionally intelligent people are open to new experiences, can show appropriate feelings in any situation, either good or bad, and find it easy to socialize with other people and establish new contacts. They handle stress well, say "no" easily, realistically assess the achievements of themselves or others, and are not afraid of constructive criticism and taking calculated risks. They are successful. In this guide, you will discover: \*The basics - the whys, whats, and hows of emotive control \*The most common challenges to overcome - and the strategies to use \*How to Forgive Yourself and How to Forgive Others \*Poor social skills successfully improved - what you need to know \*Benefits of mastering your emotional intelligence - notice the difference \*Boosting your self-esteem - proven ways to hack your emotional competence \*How To Deal With Your Internal Dialogues \*Body language - killer applications to help you read the secret signals \*How to Free Yourself from Other People's Opinions and Judgments Every chapter covers different areas of emotional intelligence and shows you, step by step , exactly what you can do to develop your EQ and become the better version of yourself. The emotional revolution contained in this book will help you redefine who you are and what you really want from life! Click Buy Now and become the better version of yourself!

Socio-Emotional Relationship Therapy - Carmen Knudson-Martin 2015-02-02

This path-breaking volume introduces Socio-Emotional Relationship

Therapy for clinical work with troubled couples. Practice-focused and engaging, it integrates real-world knowledge of the intersections of gender, culture, power, and identity in relationships with empirical findings on the neurobiology of attraction. Case examples detail the process of therapists in the moment as they develop both their clinical skills and their understanding of the social contexts fueling couples' difficulties. Applications of the method, which can be used with same-sex couples as well as heterosexual ones, are shown in addressing infidelity, tapping into partners' spirituality, and modeling and encouraging mutual respect and support. Among the topics covered: Undoing gendered power in heterosexual couple relationships. Interpersonal neurobiology, couples, and the societal context. How gender discourses hijack couple therapy—and how it can be avoided. How SERT therapists develop interventions that address the larger context. Building a circle of care in same-sex couple relationships. Couple therapy with adult survivors of child abuse: gender, power, and trust. Socio-Emotional Relationship Therapy opens out practical new possibilities for marriage and family therapists, clinical psychologists, social workers, and counselors seeking ideas for more meaningful couples work.

*Love Online* - Aaron Ben-Ze'ev 2004-01-19

Computers have changed not just the way we work but the way we love. Falling in and out of love, flirting, cheating, even having sex online have all become part of the modern way of living and loving. Yet we know very little about these new types of relationship. How is an online affair where the two people involved may never see or meet each other different from an affair in the real world? Is online sex still cheating on your partner? Why do people tell complete strangers their most intimate secrets? What are the rules of engagement? Will online affairs change the monogamous nature of romantic relationships? These are just some of the questions Professor Aaron Ben Ze'ev, distinguished writer and academic, addresses in this book, a full-length study of love online. Accessible, shocking, entertaining, enlightening, this book will change the way you look at cyberspace and love forever.

*Getting Past the Affair* - Douglas K. Snyder 2007-01-06

This book has been replaced by *Getting Past the Affair*, Second Edition, ISBN 978-1-4625-4748-7.

**Emotional Intelligence For Dummies** - Steven J. Stein 2009-07-14

Straightforward guide to taking control of your emotions. Being aware of and in control of your emotions is one of the keys to success in life -- both professionally and personally. Emotional Intelligence For Dummies will show you how to take control of your emotions rather than letting your emotions control you! Discover how developing your emotional intelligence can further your relationships with others, in the workplace and at home. Emotional awareness is also a critical skill for career success, and Dr. Stein provides practical exercises for developing this skill and achieving your professional and personal goals. He also provides valuable insights into how emotional intelligence can be applied to raising children and teenagers and realizing personal happiness. Full of lively anecdotes and practical advice, Emotional Intelligence For Dummies is the ideal book for anyone who wants to get smart about their feelings and reach the next level at work and at home. Manage your emotions - identify your feelings, determine what beliefs cause negative emotions, and stop self-destructive behaviors Discover the power of empathy - read other people's emotions through facial cues and body language and show them you understand their feelings Thrive at work - find a job that's right for you, overcome hassles and fears, and develop your leadership skills Build and sustain meaningful relationships - discover how to take your partner's emotional temperature and manage emotions to grow closer Raise an emotionally intelligent child - keep your cool with your child, coax shy children out of their shells, and get your child to be less aggressive and defiant

*The Love Trauma Syndrome* - Richard B. Rosse 2007-10-12

Love is one of the most exhilarating emotions we experience-- unfortunately, it is also one of the most painful and sometimes traumatic. The unresolved emotional scars from a broken heart can manifest as a "love trauma syndrome." Until now, a love trauma was thought to precipitate other common psychiatric conditions, such as depression or adjustment disorders, but these generic psychiatric ailments are not adequate for articulating the full and unique character of the condition following love trauma. The Love Trauma Syndrome: Free Yourself from the Pain of a Broken Heart fills the need of patients feeling isolated, ashamed, or alone in their anguish. Dr. Richard Rosse, a psychiatrist with expertise in the area of emotional breakdown, provides a concrete path to help people understand this condition. At times, the syndrome can seriously diminish the sufferer's quality of life, and dramatically

impair social, academic, and occupational activities. Dr. Rosse warns that there can also be bouts of severe manifestations, things go horribly wrong. Patients may end up committing suicide. A few become so obsessed by their lost loves that they are driven to stalk, attack, or murder these persons and then ultimately commit suicide. However, most patients suffer alone and in silence without ever resorting to an act of physical violence. Dr. Rosse clearly explains that Love Trauma Syndrome is a clinical disorder of "too much memory" in which the past intrudes upon the present to influence thoughts, feelings, and behaviors to a much greater extent than is expected. It can also be associated with a variety of other behavioral problems: the avoidance of future loving relationships, nervousness, feeling "unreal" or out of place, anger, and sleep disturbances. The book will educate mental health clinicians on how to recognize and treat people with the syndrome, and Dr. Rosse discusses a variety of psychotherapeutic and pharmacological treatment options and their rationale. The Love Trauma Syndrome is the first book to describe the condition and to present a full array of self-help strategies and specific techniques tailored to help those suffering from a love trauma. Designed for both lay and professional audiences, it is the ideal resource for anyone--male or female, young or old, gay or straight--hurt by love to understand what to do to escape the bleak prison of misery.

**Perspectives on Close Relationships** - John H. Harvey 1994

This edited collection of original chapters was written expressly for this volume and for a student audience, by recognized experts in the relationships field. This series of distinguished "lectures" or intensive classes is designed to intrigue and invite student interest and involvement. Seven different disciplines within the field are represented offering students a variety of perspectives. Courses in Close Relationships, Personal Relationships, Family Relationships, Marriage and Family Living, and Liking/Loving, in departments of psychology, sociology, communication anthropology, child and family development, and counseling.

**Expression and Regulation of Emotions in Romantic Relationships** - Makon Fardis 2007

Romantic relationships are extremely important in people's physical and mental well being. One of the important determinants of the quality of romantic relationships is the expression and regulation of emotions. This study hypothesized that 1) expression of positive emotions is good for any relationship, 2) expression of negative emotions is good for only communal relationships, 3) expression of positive emotions is necessary alongside of negative ones to maintain a communal relationship, 4) in case negative emotions are expressed, providing explanations would help maintain the relationship, 5) suppression of emotions does not benefit communal relationship, and 6) expression of emotions correlates with a) secure attachment, b) partner's receptiveness to expression, and c) communal approach to relationship. The interactions predicted in this study were not found to be significant. The key study findings follow: 1) expression of positive and negative emotions, 2) communal orientation, 3) explanation of negative affect, 4) and general emotional expressivity correlate with higher relationship satisfaction. 5) Emotional suppression, 6) anxious attachment, and 7) higher year in school were related to lower satisfaction. Other findings suggested that 1) communal approach, 2) partner's receptiveness, and 3) female gender were related to more emotional expressivity. 4) Communal orientation was related to more and 5) avoidant attachment was related to less positive expression. 6) Secure attachment was related to less emotional suppression. Lastly, it was found that 1) secure attachment correlated with more partner's receptiveness. 2) Anxious attachment accompanied less explanations for negative affect., and, 3) older participants had more avoidant attachments. The major limitation of this study was that only one member the couple was assessed and the impact of the respondent's style and behavior on the partner as well as the dyadic factors contributing to the relationship were largely unknown.

*The Emotional Affair* - Ronald T. Potter-Efron 2009-01-02

Provides information and advice on infidelity in a relationship in which one partner begins to have an emotional connection with some else, discussing how to recognize, address, and prevent emotional affairs.

**Overcome Anxiety in Relationship** - Scarlett Williams 2021-03-04

Are you anxious about your relationship? Anxiety can cause periods of panic, feelings of fear or a sense of being overwhelmed, uneasy, or tense. Anxiety can possibly take over your thoughts, spread into many other areas of your life, and can thereby affecting your reasoning and productivity. It infuses a strain in relationships and puts them at great risk. When anxiety is thriving in a relationship, the trust and connection

every relationship need is broken. When anxiety sets in, it takes your mind off the most important aspects of your relationship, and you become less attuned to the needs and desires of your partner. Fear and worry become the order of the day. You feel overwhelmed, worried about what is happening, but find it difficult to actually pay attention to what is happening. When this occurs, your partner may feel as though you are not present. When you are anxious in your relationship, you may find it difficult to express your true feelings. If you don't express what you truly feel or need, anxiety becomes more intense and your emotions may begin to run out of control if you keep bottling them in. This leads to you feeling overwhelmed and defensive. Persistent anxiety caused by significant emotional discomfort can lead to unease and, at worst, cause disturbances such as fear, phobia and obsession. At this point, anxiety may have profoundly distressing and poor effects on our lives and on our physical and mental health. Good ability to cope with anxiety is the secret to survival in the face of life. However, knowing it too often means that we risk losing our real self, finding a balance or relaxing and healing in our lives. We can never be more important to our wellbeing if we only seek some inner harmony. Yet, once you begin to get a better understanding of anxiety, you can do a lot to reduce the pressure and learn to feel the full spectrum of emotions without thinking about them. Anxiety is a poison that can steal the joy and connection between two people who belong together. Perhaps you have been with your partner for a long period of time, yet you constantly wrestle with the notion that your partner doesn't live up to your expectations and will not be able to fill up that void in your heart. This is a guide with practical strategies and exercises you can relate to that will help you with your growth and healing journey. When you consciously implement all that has been written and take all the exercises to heart, you will have conquered a large part of the anxiety that has been ruining your relationships. You will begin to feel less insecure and attached in love. By reading, you will be able to identify irrational behaviors that trigger anxiety and take concrete and positive steps to eliminate those behaviors. Let's get started, and good luck on your journey to a better life! This book covers: Understanding Your Anxiety in Love Unconscious Behavior Caused by Anxiety Different Types of Anxiety in Love and How to Overcome Them Recognizing Your Anxiety Triggers Love Yourself to Love Your Partner Ways to Recover Communication with Your Partner How to Strengthen the Relationship with Your Partner How to Help Your Partner to Overcome Anxiety Exercises and Remedies to Overcome Anxiety Secret Strategies for Handling Insecure Partners Communicate to Your Partner Creating and Maintaining Relationship Solutions for Anxiety in Relationships Setting a Goal for a Healthy Relationship And much more!!! Buy it NOW and get addicted to this amazing book!

#### **Growing Together** - Frieder R. Lang 2003-11-10

Understanding personal relationships throughout the life course is one of the most crucial issues in the behavioral and social sciences. This book brings together perspectives from different disciplines on individual development and personal relationships across the life span. The book addresses two pertinent dimensions of personal relationships: 1) structures of relationship networks (e.g. kin vs non-kin, peripheral vs intimate, short-term vs long-term) and 2) processes (i.e. change or stability) and outcomes of personal relationships across the life span. The book stimulates discussion of personal relationships as resources for and outcomes of individual development throughout the life course. Different qualities of personal relationships serve as catalysts for individual development. At the same time, relationship qualities reflect changes of developing individuals. The book does not give exclusive priority to one phase of the human life span. Rather, each chapter addresses social development across the entire life span from childhood to later adulthood.

**Encyclopedia of Human Relationships** - Harry T. Reis 2009-03-15  
Library Journal Best Reference 2009 "An excellent gateway to further examination of any of the subdisciplines of relationship science, or as a research tool in its own right." —Library Journal Relationships are fundamental to nearly all domains of human activity, from birth to death. When people participate in healthy, satisfying relationships, they live, work, and learn more effectively. When relationships are distressed or dysfunctional, people are less happy, less healthy, and less productive. Few aspects of human experience have as broad or as deep effects on our lives. The Encyclopedia of Human Relationships offers an

interdisciplinary view of all types of human associations—friends, lovers, spouses, roommates, coworkers, teammates, parents and children, cousins, siblings, acquaintances, neighbors, business associates, and so forth. Although each of these connections is unique in some respect, they share a common core of principles and processes. These three volumes provide a state-of-the-art review of the extensive theories, concepts, and empirical findings about human relationships. Key Features Compiles leading-edge information about how people think, feel, and act toward each other Presents the best in the field—authors who have contributed significant scientific knowledge about personal relationships over the past several decades. Offers a diverse approach to relationship science with contributions from psychology, sociology, communication, family studies, anthropology, physiology, neuroscience, history, economics, and legal studies Key Themes: Cognitive Processes in Relationships Communication Processes Creating and Maintaining Closeness Dating, Courtship, and Marriage The Dark Side of Relationships Emotion Processes in Relationships Family Friendship and Caregiving in Adulthood Health and the Biology of Relationships Methods for Studying Relationships Personality and Individual Differences Prevention and Repair of Relationship Problems Psychological Processes Sexuality Social Context of Relationships Social Relations in Childhood and Adolescence Theoretical Approaches to Studying Relationships Types of Relationships Our relationships influence virtually all aspects of our everyday existence and are of deep interest to students, researchers, academics, and laypeople alike. This Encyclopedia is an invaluable addition to any academic or public library.

#### **Emotion and Its Relationship to Acceptance, Food Choice, and Consumption: The New Perspective** - Witoon Prinyawiwatkul 2021-03-30

Food is a source of nutrients but it also provides basic pleasure and aesthetic experiences. Acceptance, food choice, and consumption are affected by many factors, including both intrinsic and extrinsic factors and cues, as well as consumer characteristics. Food-elicited emotions are becoming a critical component in designing products that meet consumers' needs and expectations. Several studies have reported on the presence of emotional responses to food and the relationships of these to product acceptability, preference, and choice. This Special Issue brings together a small range of studies with a diversity of approaches that provide good examples of the complex and multidisciplinary nature of this subject matter.

#### **I Love You, But I'm Not In Love With You** - Andrew G Marshall 2015-10-20

If your relationship with your significant other is defined more by companionship than passion... if you love each other deeply but are not deeply in love... if you feel that something's missing or is no longer there... then you could be experiencing ILYB (I Love You, But...). In 'I Love You, but I'm Not in Love with You' couple's counsellor Andrew G. Marshall draws on twenty years of experience to help couples who have 'fallen out of love' or want to rekindle the love that once was to learn how to use Marshall's program with impressive results.

#### **If We're Together, Why Do I Feel So Alone?** - Holly Parker, Ph.D. 2017-01-03

Harvard University lecturer and clinical psychologist Dr. Holly Parker offers a step-by-step guide for coping with emotionally unavailable partners. Living with an emotionally absent partner can be overwhelming. Constantly overcoming the silent distance can leave you with the sense that the give-and-take in your relationship has disappeared. But even a broken relationship can be reinvigorated. In helping real-world couples achieve a fulfilling future, Harvard University lecturer and clinical psychologist Dr. Holly Parker has developed a program filled with practical exercises and powerful advice for individuals on both sides of an emotionally damaged relationship. In *If We're Together, Why Do I Feel So Alone?*, Dr. Parker presents her revelatory insights on topics such as: • How to identify unavailable personality types, such as the Critic, the Sponge, the Iceberg, the Emotional Silencer, and the Defender • How to create healthy emotional connections and boost physical intimacy • How to eliminate habits that trigger self-sabotaging behavior With patience, empathy, and willpower, Dr. Parker's program can help you restore balance and peace of mind, and turn your damaged partnership back into a rewarding and joyful bond.

## How To Be Less Emotional In A Relationship:

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