



Emotional Intelligence in Couples Therapy: Advances from Neurobiology and the Science of Intimate Relationships (Hardback)

By Brent J. Atkinson

WW Norton Co, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book. Yet even when they know what would work, partners often find that they are unable to do these things. Why is this? Provocative new neurological research suggests that old habits die hard for a reason—they may be woven into the fabric of brain states. We are wired for specific kinds of neural activations very early in life and these habitual responses are automatically activated in daily living, often without conscious awareness. Once they are set, these activation patterns (also known as response states) are likely to continue throughout a person's life. For the most part, we don't volunteer for these response states; we simply find ourselves under their influence. When any one of them is activated, we may lose the capacity to choose freely our thoughts and actions. It's as if, at that moment, someone else is in charge. For these reasons and others, people in relationships may find it extremely difficult if not impossible to change how they respond to their partners. No matter how much partners want to change, their wired response states oppose their intentions. Part 1 of this...



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