

Polarity & Attachment

**WORKING BEYOND THE STORY: TRACKING THE
ENERGETIC MOVEMENTS THAT KEEP COUPLES
STUCK**

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WHAT TO EXPECT FROM THIS SESSION

- A clear understanding of how immature masculine & feminine traits show up as attachment “styles”
- A basic understanding of how polarity can support a couple in moving from their wounds into deeper connection
- Practical examples of how defense strategies can be flipped to benefit the relationship
- Space for questions at the end



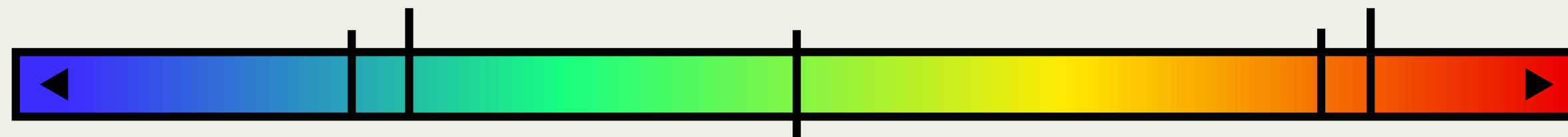
WHY THIS APPROACH MATTERS

- Attachment work often gets stuck in *narrative*
- Polarity shifts our focus back to the moment:
 - What is going on energetically NOW?
 - What is each partner's orientation in this moment?
- Energetic experience > mental explanation
 - We can explain the behaviors, but still miss the pattern underneath.
- A shift toward *potential* helps couples flip their dynamics: from “*How can we meet in the middle?*” to “*What does this mean I can bring?*”



ATTACHMENT = NAVIGATION OF SPACE

- Attachment revolves around the space between our conflicting needs of autonomy & connection
- Polarity reveals how partners orient in space: the tension between the Self & the Other
- This always takes place NOW, it is the result of an energetic exchange: input/response



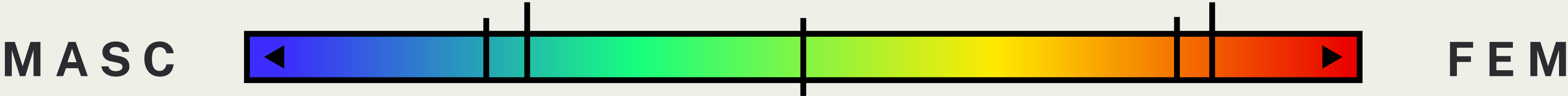
THE PROBLEM WITH “STORY-MODE”

- Many therapies focus so much on the WHY, while the problem is connected to the interaction (attachment styles are **not** fixed!)
- Partners try to problem-solve from a mental mode
- The narrative is irrelevant
 - Focusing on the “why” too much keeps us from addressing the *interactive* aspect



POLARITY TRACKS *ORIENTATION*

- Where is each partner on this invisible, energetic spectrum?



Attachment issues



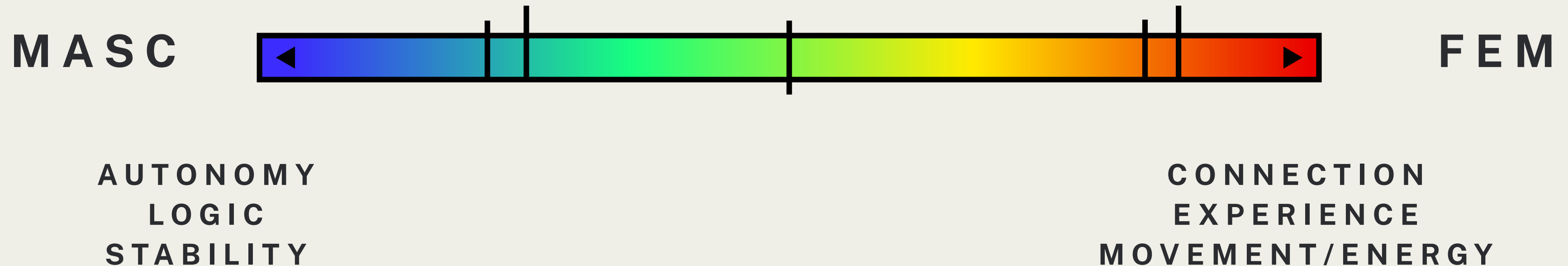
IMMATURE MASC
+
IMMATURE FEM

IN EACH MOMENT OF TENSION, PARTNERS ARE “MOVED” INTO OPPOSITE RESPONSES (EITHER MASC OR FEM)



THE ENERGY EXCHANGE

The navigation of space shows up in *reciprocal responses*, or orientations in each moment. This creates **tension**. What results? They have to negotiate.



These traits are neutral in themselves, but each partner leans toward one end of the spectrum, pushing their partner toward the other.



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PUSH/PULL DYNAMICS

A negotiation between
the Immature Masculine & the Immature Feminine

- The immature masculine always leans *away* (***Dismissive Avoidant***)
- The immature feminine always leans *toward* (***Anxious Preoccupied***)

In the midst of tension, each partner is pushed further into their own defense mechanism. This triggers their partner and pushes them further toward theirs.



RECIPROCAL WOUNDS & GIFTS

These traits always interact: they evoke a *reciprocal* response in the partner.

This happens for better or worse!

Mature Masc



Mature Fem

Immature Masc



Immature Fem

EXAMPLES

Masculine avoidance evokes Feminine over-attachment
Masculine rigidity evokes Feminine emotional intensity “hysteria”



DEFENSE MECHANISMS & PROTEST BEHAVIORS

Attachment issues reveal opposite coping strategies in each
moment:

one partner leans inward, the other leans outward

This is a reversal of the masculine & feminine gifts!

The Mature Masculine has OUTWARD focus

The Mature Feminine has INWARD focus



THE GOOD NEWS?

Our wounds are intelligently matched.

They are not RANDOM.

We all attract partners who reveal what is **unintegrated**.

This comes out as conflict & tension, but is our greatest opportunity for growth and connection.

ATTACHMENT MYTHS

- We need to heal these attachment issues in ourselves
- We ARE avoidant/anxious



WHAT DOES THIS MEAN FOR ATTACHMENT WORK?

A different approach

Treat these patterns as valuable

→ Insight into GIFTS

→ Clarity about what still needs to be integrated (inner work)

→ Connecting all the dots (attraction, desires, wounds, qualities)



THE ENERGY EXCHANGE CARD GAME

MOVING THIS RELATIONSHIP FORWARD,

I NEED TO DEVELOP _____
I WANT YOU TO BRING MORE _____
I WILL BRING MORE _____

regulation

openness

ordered

uncontained

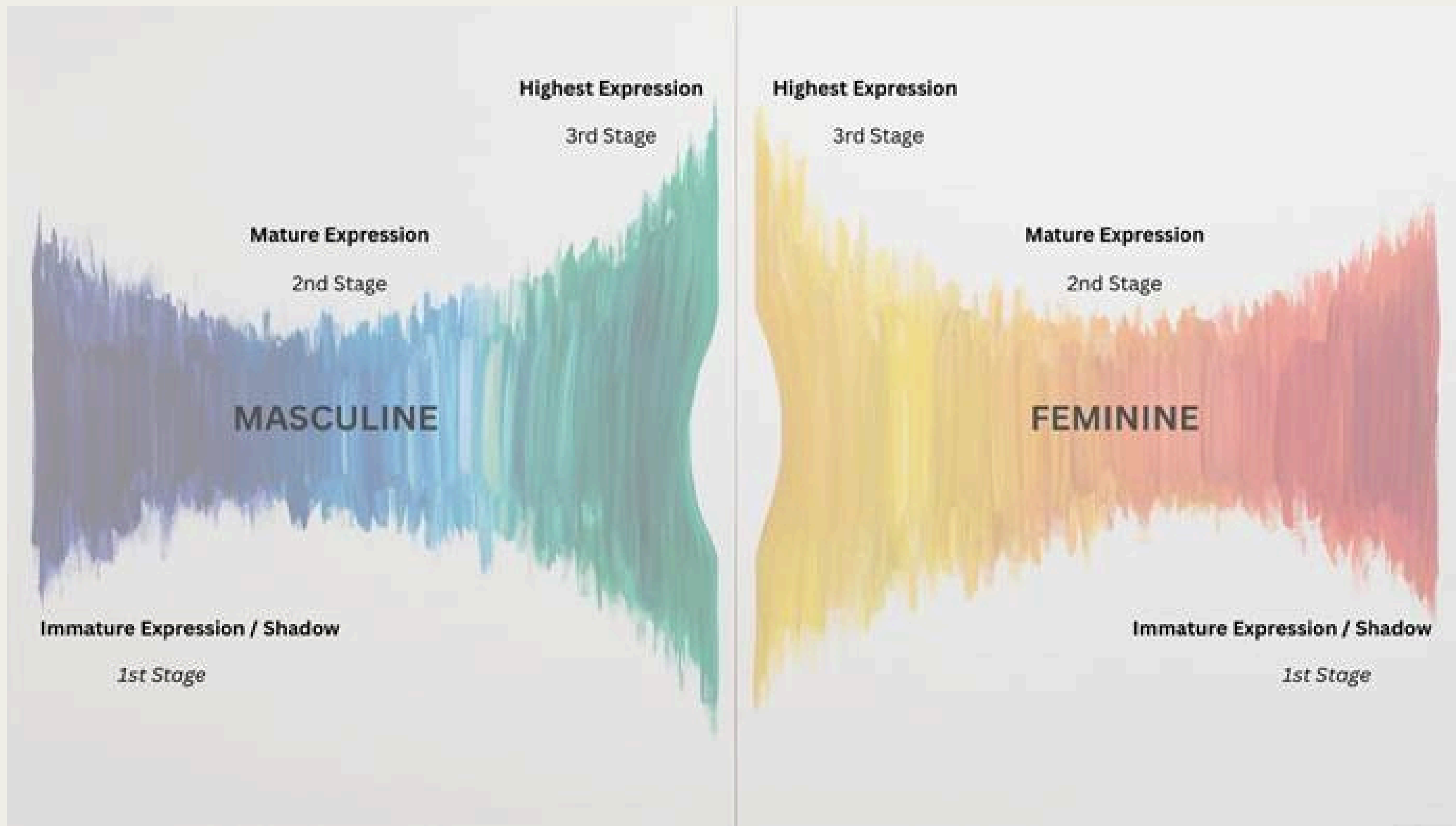
clarity

nuance

WHAT TRAITS ARE TOO DOMINANT??



MORE THAN SIGNS OF DYSFUNCTION



IMMATURE VS MATURE TRAITS

Dismissive Avoidant

Mature Masculine

Protest behaviors

Gifts

- Emotional shutdown
- Cognitive distancing (detaching, down-playing and minimizing)
Reduced presence
- Numbing
- Avoidance of engagement

- Emotional steadiness
- Clarity
- Capacity for autonomy
- Ability to remain grounded
- Deep purpose
- Unwavering presence
- Integrity

Anxious Preoccupied

Mature Feminine

Protest behaviors

Gifts

- Hypervigilance
- Emotional escalation
- Attempts to secure reassurance
- Difficulty tolerating ambiguity
- Sensitivity to distance

- Emotional attunement
- Open expression
- Sensitivity to nuance
- Capacity for intimacy
- Ability to feel deeply
- Strong relational presence

Thank you!

TIME FOR QUESTIONS/DISCUSSION

For a deeper dive into polarity, check out the book
or keep an eye out for this fall's training sessions

