

# **“We Can’t Communicate”**

The most common presenting problem in couples therapy

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Communication Problems are **almost**  
**never** what the couple thinks they are



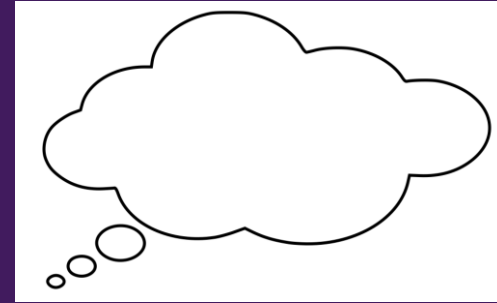
# Intrapsychic conflicts inhibit much communication skill acquisition



When you ask for accountability, you usually trigger some type of defensive avoidance

# The Famous Lizard Brain

Reptiles Don't Think About  
Cooperation



# Response Flexibility

**What is required when you are under pressure of a bad conversation with each other**



# NEGATIVE TARGET FIXATION

## COUPLES DEVELOP A FAULT FINDING FOCUS





**What do you  
have in  
common with  
fighter pilots**

**Do you have your  
eyes on the prize  
or are you  
negatively fixated?**

**One leads to  
success, the other  
to disaster.**





## **Eyes on the Prize**

**How do you aspire to be when the heat is on?**

**FOCUS ON THE KIND OF PARTNER  
YOU WISH TO BE**