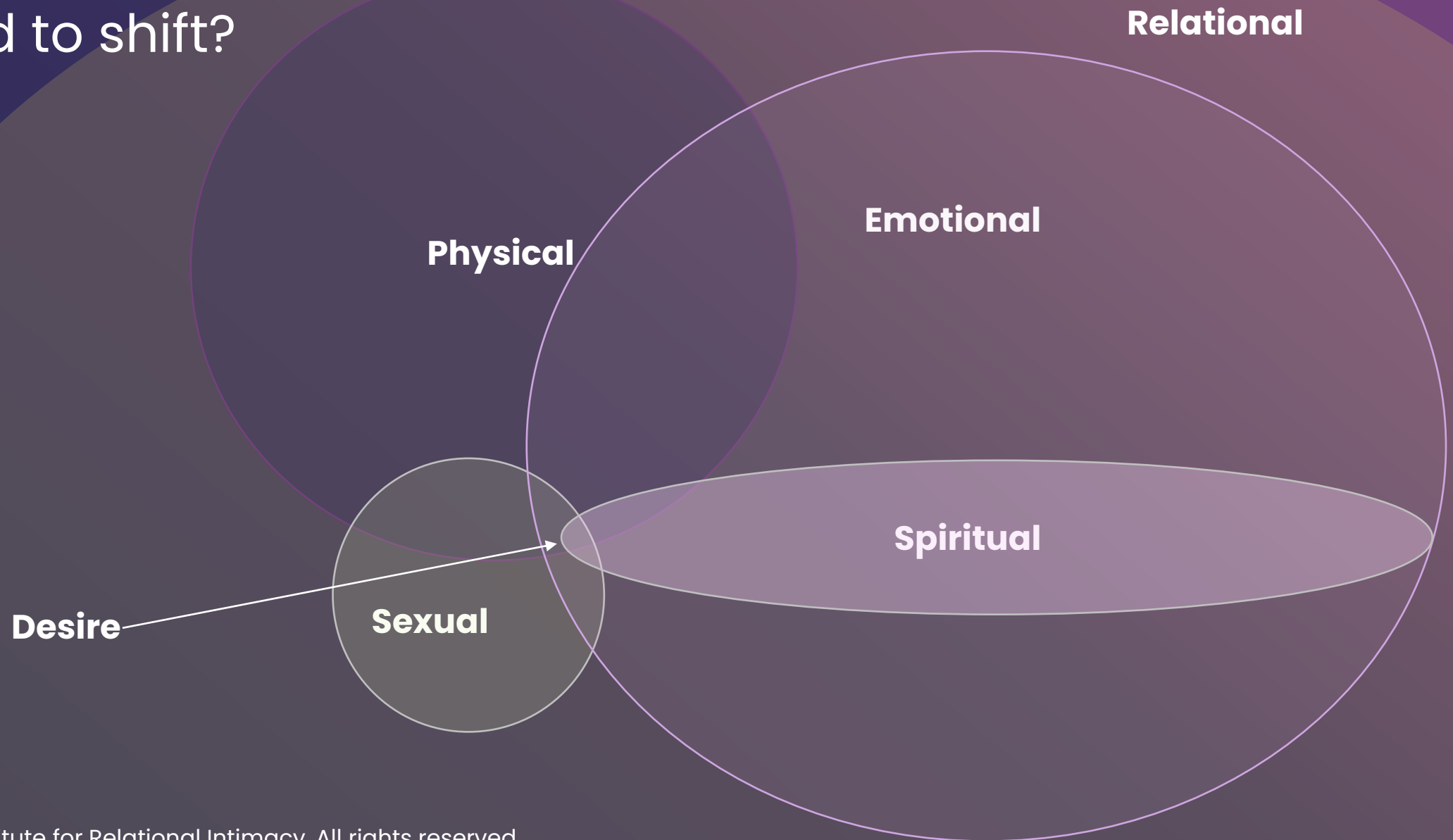


Desire discrepancy through a Developmental model lens

Martha Kauppi, LMFT, CST-S

Why are **desire issues** so hard to shift?



Identifying **desires**:



What do you **desire**?



What will your life look like when you **achieve it**?



What could you become **passionate about**?



What would it **require of you**?



Why is it **important to you**?



What would it mean to **devote yourself to it**?



What does it **inspire in you**?

What does **desire need**?

- ✓ Air
- ✓ Clarity
- ✓ Commitment
- ✓ Courage (not capability!)
- ✓ Absence of major inhibitors (like pain and coercion)
- ✓ Self-activation
- ✓ Focus
- ✓ Endurance

Symbiosis

We want to:

1.

Feel **safe**
and cared for

2.

Feel **connected**

3.

Be together/
not alone

4.

Cement the
bond/**commit**

5.

Get our partner
to meet **our**
unmet needs
from childhood
and onward

When that **doesn't happen...**



We feel **frustrated**



Angry



Betrayed



Disappointed



**And then we attempt to
change our partner's behavior**

Differentiation **of self**



Commit yourself to **strong directed leadership** vs being reactive.

Hold steady while sharing your deeper self with someone you think may not feel comfortable hearing the ways you are different.

Listen with open-ness and curiosity when someone shares something with you that makes you feel uncomfortable. **Access empathy and validate your partner's right to be unique.**

Differentiated conversations

About sex



What do you like? **What might you like to try?** What does your partner do that turns you on?



What turns you off? What shuts down your access to arousal?



How do you fan your **own desire?**



How do you **increase your own arousal?**