

## The Quirk Balance

### Take the Stress Out of Your Relationship

#### *Treat Your Relationship Like a China Cup*

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Successful relationships are a hard thing to come by, given that two in four couples divorce and that three-quarters of people seeking therapy do so because of a failed or failing relationship. The primary cause of illness is disconnection and alienation. Illness is often driven by stress caused by feelings of helplessness, disconnection from others and loss of meaning. Resolution of the psychosocial stressors and concerns over feelings of isolation facilitates the healing process. Relationships often a cause feeling of helplessness and disconnection – the loneliest time is when one is with someone with whom one is disconnected from - or when we are disconnected from ourselves. Much of that disconnection is feeling unacceptable to our partners. We can feel unacceptance by others and by ourselves. Unhappy relationships are a **primary cause of stress**. Proper care for one of the most important aspects of our lives, our relationships, is virtually ignored or unknown. I believe relationships are more precious than your most precious possessions – your diamond ring, an expensive antique, your crystal, and your china. Think about the care you give them: You put them in safe places. You don't put them in the dishwasher; you don't take them on a picnic. If one gets chipped, it is ruined or will need a very special craftsman process to restore its usefulness and finery.

**If you think of your relationship in the same way that you think of your precious items, you will have a greater chance of having a successful**

**relationship.** Ellore Findley, a China Restorer, commented:

**"1) once a cup is repaired, it is not the same, it is for decorative use only.**

**2) The major obstacle in restoring cups is that, frequently, they "spring" when broken. It's very labor intensive and expensive."**

The same can be said for relationships.

Maybe Rhett Butler said it best when he told Scarlett O'Hara in *Gone With the Wind* "Scarlett, I was never one to patiently pick up broken fragments and glue them together and tell myself that the mended whole was as good as new. What is broken is broken—and I'd rather remember it as it was at its best than mend it and see the broken places as long as I lived..."

The relationship itself should be considered a *China Cup*. Respecting its preciousness is the very best circumstance under which it can grow. Nicking the relationship (the *China Cup*) with blame, harsh words, criticism, derision, sarcasm, and defensiveness may leave cracks in it. You may choose to keep the cracked *Cup* but it will never be the *Cup* it was before the crack. When a relationship is cracking or in danger of being cracked, the victims of this demolition seek help and we, as practitioners of mental and physical health will see these people in our offices. The state of "cracked ness" is an extreme state of stress.

Ten rules for maintaining a successful relationship (ref 9) are the following:

Rule #1 Don't talk your partner out of loving you.

Rule #1a Keep secrets! Do not play true confessions about past relationships or negative thoughts about your partner.

Rule #2 Learn to love your partner's quirks.

Rule #3 Respond positively to your partner's requests 70% of the time.

Rule #4 Be a partner who creates a safe haven.

Rule #5 The partner who brings up the issue needs to be heard completely before the other partner brings up any issues.

Rule #6 Let your partner know you are going to make a complaint before you launch it.

Rule #7 Always respect your partner's input, as an option .

Rule #8 When an "ouch" is over, it must really be over.

Rule #9 Honor both your own need and your partner's need for space without violating the space.

Rule #10 Make sure every day of your relationship is better than the day before.

Let's take Rule #2, "Learn to love your partner's quirks." It is amazing how many people fall in love, or make a partnership of some kind based on the persons assets, ignoring their liabilities and then proceed to try and change those traits (positive or negative) once the relationship is established. When I see a couple I ask them what drew them to each other. More times than not, it is the very thing that now brings them in to counseling. Those unique, special qualities somehow become irritants.

Habits and personality traits are deeply rooted. You've got them, your partner has them and they probably aren't going to change, let them be. You are not going to change who your partner is. If quirks are constantly challenged, the relationship will fail. Knowing your partner's quirks is like having a map to your partner's heart. Learn

to love, to joke, and laugh about them together. Knowing your partner's quirks and having them irritate you is one thing that will not take care of the relationship. It is like knowing there are stains on your *China Cup* and hating the *China Cup* for those stains. Knowing your partner's quirks and honoring them is a way of taking care of the relationship. Knowing that there is a stain and appreciating it or dealing with it as best you can will preserve the *China Cup*.

I find that most couples consist of a "neat-nick" and a "less than tidy" combination; one who folds the towel in half and the other who folds it in thirds; one who puts the toilet roll on with the paper flowing over the top and supraspinatus or subscapularis. "Do relevant brain integration or eye rotation corrections."

*Ian White (ref 10) states, "...bring forth the positive qualities that reside deep inside every one of us. Their activation allows us to replace fear with courage, hatred with love, insecurity with self-confidence, etc."*

10 When the conflict or reversal is resolved, or needed essence is positive. Then check the trait that was to be changed. MT. If strong, the quirk balance is complete.

11 Check to see if balance has held (5 finger over navel – MT and correct imbalances)

*Wayne Topping (ref 9) explains the necessity of this, "Because the personality trait statement was so deeply held, reprogramming it will usually create a number of imbalances..."*

12. If the MT is weak, check for that trait in past relationships, with members of family of origin, with self. Repeat for each that is weak on MT. Repeat procedure. The other who prefers the paper hanging down from under the roll; one who is always on time and the other who feels time is relative; one who often doesn't feel a meal is complete unless there is a desert and the other who never eats deserts; one who often comes from a family who opens presents on Christmas Eve and

the other who has never opens packages until "after Santa has come;" one who prefers opening birthday presents whenever and the other who may have a ritual that everyone in his or her family has followed for generations; one who likes salad dressing on the side and the other who cannot imagine a dry salad. These positions are not right and wrong, they are quirks in a person – they are preferences. They are differences.

After studying couples for over 20 years, John Gottman (ref 3) wrote **The 7 Principals for Making Marriage Work** and reported that 69% of arguments are the same arguments that the couple always has. Gottman calls these perpetual problems. I suggest that some of the perpetual problems are quirks that your partner has not accepted. A partner needs to have an interest and delight in knowing these quirks and totally accept them. Don't expect that they will change – Quirks are part of the person that you fell in love with. They existed before you met. They will exist while you are in the relationship and will exist after you, should the relationship end. Learn to accept the quirks. If you are lucky you can learn to love them and find delightful humor in them.

Personality traits and preferences form our uniqueness and make us the persons we are. Each of us takes care of our selves in ways we feel are best for our health and well-being. Sometimes the ways we choose to manage our health may seem quirky, but we have to do what we feel will be the best for ourselves. It is fascinating to ask your partner, without any preconceived idea or judgment, to explain why he/she chooses to do a particular thing. You might be delighted and surprised at the reason – you will get to know your partner better!

Every partnership, at one time or another has arguments, disagreements, criticisms, defensiveness, and stonewalling. Arguments and disagreements may be a healthy part of a relationship. Sometimes they mean that there is something to argue and disagree about that is important to each partner. Criticism, defensiveness, stonewalling and contempt are the reasons that make a relationship fail – Gottman calls them the "Four Horsemen of the Apocalypse." He calls "contempt the

sulfuric acid for a relationship." Many times criticism, defensiveness and stonewalling are a result of trying to change your partner and not accepting your partner's quirks. If and when attacks and/or defensiveness enter the relationship, the damage needs to be repaired. Some of the perpetual issues, quirks in the relationship will never be resolved – and that is OK – but they do need to be regulated in an atmosphere of friendship and deep respect. Gottman calls this moving from gridlock to dialogue.

When two people get together and identify the quirks, can accept them and can even joke about them, there will be a happy relationship. The acceptance of quirks is a basic way of respecting a person for who he/she is.

This is not new news. So why do we try and change our partners? Kinesiology is a way of discovering what is going on inside of us that pushes us to crack *our cup*.

### **The Quirk Balance**

1. Pretests
2. 14 muscle, fix as you go balance (or any other balancing techniques) (ref 8)
3. Think of a trait, in your partner, you would like to change. MT
4. If it is strong, think of another trait you would like to change – or think of a trait your partner would like to change in you.
5. If it is weak, check for the emotion. MT the following statements and clear, using steps 6-9 before going back to the quirk.
  - "I am willing to release the need for the problem."
  - "I am willing to benefit from the positive change."
  - "I am willing to implement the goal." (ref 2)
6. **MT for conflict, reversal or needed essences.**
7. If it is a conflict, one effective technique is to use the Luescher Color Conflict procedure. (ref 5) Check for the emotion when the conflict is discovered.

Alfred Schatz states, "The five conflict colors show us where the problem is. Many years of experience in psychosomatic clinics have shown that (muscle testing with) the Luscher conflict colors can be used to point out a way for the solution of conflicts. With the Luscher conflict colors it is possible most of the time to unravel unconscious causes of conflicts in private and professional relationships." See Appendix on Luscher Conflict colors,

8. If it is a reversal, one effective technique is to use Callahan (ref 1) "Despite this reversal, I deeply and profoundly love, appreciate and accept myself" 3 times while tapping SI-3 + TW-3 (Gamut Spot). Check for the emotion for the reversal.

Callahan uses the phrase, "I profoundly and deeply accept myself with all my problems and all my shortcomings." He stresses, "The temporal nature of the affirmative statement suggests that the individual who is "corrected" when he repeats it is deficient in self-acceptance and denigrates himself excessively, at least in the area where he is reversed."

9. If an essence is needed, one effective technique to ask whether Bach (ref 4, and 6) Bush (ref 10), Perelandra (ref 11) or Barometer (ref 7) essences (or any other essence that you use) would be helpful. Find the specific essence. MT. Test for number of drops needed either under or on the tongue or at what level of aura and use the

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## **Appendix**

### **Luscher Color Test For Conflict Situations**

#### **CONFLICT – COLOR BLUE**

**Cause of the Conflict:** A conflict has arisen because deep inside you feel that there is no longer mutual trust in a once trusted relationship.

**Suggestion:** When mutual trust no longer exists in an important relationship and you hear an inner warning that something is wrong and feel like withdrawing, it is important that you do not withdraw. Put aside your own interests and intentions until you learn what is going on with the other person. "Walk in the other person's shoes" until you completely empathize. Take the time necessary to understand this person's situation and the reason that the person is acting the way that he/she does. Understand and accept this with a relaxed calmness until you can accept their actions as if they had been your own. (Note: Understanding does not mean to agree or to go along with.)

#### **CONFLICT – COLOR GREEN**

**Cause of the Conflict:** The cause of the conflict is that a person in your life is trying to dominate you through manipulation. This person demands that his/her way is the only way and expects that you respect his/her authority completely.

**Suggestion:** If anyone tries to manipulate you into believing that they feel is absolutely correct and demands that you blindly follow, you must internally free yourself from that person totally. It is essential that you keep centered and maintain your independence. Under no circumstances should you be tempted to try and have that person see things your way. You must not expect acknowledgment or approval because, if you do, you make yourself dependent upon whether or not they approve or acknowledge you.

#### **CONFLICT – COLOR ORANGE**

**Cause of the Conflict:** The cause of the conflict is that you are disturbed and irritated because of all the time, effort and perhaps

money, you have put into a goal that has not been achieved. You are not experiencing satisfying results.

**Suggestion:** If all the effort you have put into this goal has not given you satisfying results; change your intention or at least your attitude. Instead of continuing to commit yourself further into the attainment of this goal, distance yourself from it and take another look at what you are hoping to achieve. Step back and see what develops. Trust that what is to happen will happen. What will be will be.

#### **CONFLICT – COLOR VIOLET**

**Cause of the Conflict:** The cause of the conflict is that there is a lack of agreement with an important person. You two are not on the "same wave length."

**Suggestion:** Go in tune with the other person and feel his/her emotions in order to understand and consider them more closely. Once you have clearly heard the other person's point of view and that person knows that you know, then you must speak openly about your own desires and feelings. It is important that the other person understands your position as well, but it is not necessary. If, in spite of all your efforts, no mutual understanding takes place, then you should tolerate and respect the peculiarity of the other person. Detach yourself completely from the wish for mutual understanding. It must be OK to completely disagree once the individual positions are completely clear. Agree (within yourself) to disagree.

#### **CONFLICT – COLOR YELLOW**

**Cause of the Conflict:** The cause of the conflict is because what you hoped would happen has already been disappointed.

**Suggestion:** Stop wishful thinking. Your hopeful expectations will be disappointed. Stop forcing what is not possible and free yourself from the illusions that make life seemingly more comfortable. Your real inner freedom will come from a "solid dose" of reality testing. Only with this inner freedom will you be able to recognize the possibilities life can and will bring you. Free yourself from the illusions and you will be free to choose and act in new directions.