

# IRRELATIONSHIP

How We Use  
DYSFUNCTIONAL RELATIONSHIPS  
to Hide from Intimacy



Mark B. Borg, Jr., PhD  
Grant H. Brenner, MD  
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# Irrelationship How We Use Dysfunctional Relationships To Hide From Intimacy

**Rebecca Coleman Curtis**



## **Irrelationship How We Use Dysfunctional Relationships To Hide From Intimacy:**

*Irrelationships* Mark Borg, Grant Brenner, Daniel Berry, 2015-10-13 Three experienced psychotherapists present a clear and engaging examination of recurring love relationship problems and how to resolve them *IRRELATIONSHIP: How we use Dysfunctional Relationships to Hide from Intimacy* Mark B. Borg, Grant H Brenner, Daniel Berry, 2015-09-28 No matter how committed two people are to being together why can't they get away from feeling something is missing In this important and transformative guide three experienced practitioners identify the widespread dysfunctional dynamic they call irrelationship a psychological defense system two people create together to protect themselves from the fear and anxiety of real intimacy in a relationship Drawing on their wide clinical and life experience the authors examine behavioral song and dance routines repeatedly performed by couples affected by irrelationship Readers will find a valuable framework for understanding their challenges with action oriented tools to help them navigate their way to fulfilling relationships Mark B Borg Jr PhD is a community psychologist and psychoanalyst and a supervisor of psychotherapy at the William Alanson White Institute Grant H Brenner MD is a board certified psychiatrist in private practice specializing in treating mood and anxiety disorders and the complex problems that may arise in adulthood from childhood trauma and loss Daniel Berry RN MHA has practiced as a Registered Nurse in New York City since 1987 and has worked for almost two decades in community based programs *Relationship Sanity* Mark B. Borg, Jr., PhD, Grant H. Brenner, MD, Daniel Berry, RN, MHA, 2018-11-20 A vital guide to overcome the barriers to achieving intimacy and meaningful connection People in resilient relationships are co owners experience reciprocity and are better prepared to meet challenges authentically and effectively In this sequel to the best selling *Irrelationship* the authors use examples from their clinical practice to review the concept of irrelationship and expand the DREAM Sequence a tool used by affected couples to address perennial relationship issues By mutually and mindfully viewing the relationship as a third entity separate from each individual couples will learn how to live in and with the ambiguity of empathy intimacy vulnerability and emotional investment and view relationship sanity as a deliberate and joyful undertaking to maintain and deepen connection **Making Your Crazy Work for You** Mark B. Borg, Grant H. Brenner, Daniel Berry, 2022-02-01 From the authors of the *Irrelationship* series comes an insightful guidebook for enhancing the most vital relationship in every person's life the one they have with themselves *Making Your Crazy Work for You* adopts the irrelationship model to present a step by step program for self understanding and catalyzing change Our crazy refers to our unique reaction to our own pain fear and anxiety brought on by isolation from others and ourselves This unrecognized isolation can occur even when we are surrounded by other people in our daily lives However by learning to listen to our craziness we can use it as a tool for ending isolation and opening up to love Drawn from the authors personal experience and clinical practice each chapter features new case studies exercises and tools to help readers to reverse unhealthy behavior patterns learn to access their genuine emotions needs and ideas create better relationships *Belonging Through a*

*Psychoanalytic Lens* Rebecca Coleman Curtis, 2020-12-29 Watching people protest one hypothesis is that underlying these actions for specific justifiable causes is a sense of wishing to belong or wishing not to be alone Recent knowledge from patients and empirical research shows the importance of belonging to groups to both psychological and physical well being The problems of many students minority group members immigrants terrorists and lonely people are linked to an insufficient sense of belonging Whereas psychoanalytic theory has focused on the need for a secure attachment to a primary caretaker it has failed to note the importance of a sense of belonging to the family group a friendship group a community a religious group a nation state etc This book demonstrates the difficulties faced by those who immigrate those who never feel a sense of their true selves as belonging in a family or a cohesive professional group and the difficulties of psychoanalysts themselves in knowing where they belong in patients lives The problems of breaking up marital and professional relationships as well as our relationship with the Earth are also discussed Freudian theory rejected the idea of a sense of oneness with humanity as being infantile Recent developments regarding the similarities between meditational practices and psychoanalysis have questioned Freud's idea This book shows the importance of an interpersonal relational psychoanalysis focusing on real relationships and not simply one that examines inner conflicts It will be useful to psychologists other mental health practitioners social scientists and anyone with normal struggles in life *Love. Crash. Rebuild.* Mark Borg, Haruna

Miyamoto-Borg, LCSW, 2025-07-08 A roadmap for couples in crisis to repair and reset their relationship Conflict and turmoil the intimacy of everyday life is the foundation great relationships are built on Creating and maintaining a great marriage relationship or partnership is hard work but nobody teaches you how to do it Based on decades of helping couples address conflict and achieve long lasting love the authors created a simple five step process for reconciling differences taking couples in crisis from rupture to repair Their tool the PACER model Pause Accountability Collaboration Experiment and Reset takes into account cultural differences past hurts and current crises It is an opportunity for not just healing but for growth Packed with dozens of client anecdotes interactive exercises and stories of the authors relationship as a mixed race couple *Love Crash Rebuild* is grounded in the language of diversity and offers readers in any type of romantic partnership straight gay nonbinary interracial etc a single toolbox that can help bring a new understanding that makes real change possible and what a successful relationship should look like *Don't Be A Dick* Mark B. Borg, 2019-11-19 The single book therapists

everywhere will recommend to all of their patients because at some point or another we all behave like dicks Why this book Because you might be a dick a mean spirited self focused individual who thinks and acts as though everyone else in the world can only be understood and whose only importance is defined in terms of their relationship to you Being a dick might feel powerful in the short term but it is not helping you in the long term because this flawed character trait is exactly what's keeping you from attaining what you may want most personal fulfillment satisfying work a loving committed relationship and lifelong friendships Anyone at any time can be a dick Yet *Don't Be a Dick* is especially for people who have noticed how their

own behavior tends to backfire leaving them feeling isolated and unsure why their seemingly justified actions consistently yield such poor results If you re constantly using the refrain It s not me it s them whenever something goes wrong Mark Borg is here to tell you that it is in fact you The good news is there is something you can do to reverse these behaviors and live a happier more fulfilling life

**Dirt Roads and Diner Pie** Shonna Milliken Humphrey, 2016-07-11 Against a backdrop of highways diners and cheap coffee one couple finds peace through the redemptive power of love Told from a wife s perspective *Dirt Roads and Diner Pie* is the story of one couple s struggle to confront the long reaching effects of childhood sexual abuse Musician and former lead singer of the United States Air Force Band Travis James Humphrey lived for thirty months in a culture of childhood sexual abuse while studying at New Jersey s prestigious American Boychoir School After his tenure Travis buried his memories deep Years into the marriage these memories began to surface and threaten their relationship In an effort to resolve the problems Shonna and her husband hit the road and navigated their way through the treacherous terrain of mental illness sexual dysfunction and shame She details their journey within a month long road trip throughout the southeastern United States taken shortly after Travis made his experience public While the effect of child sex abuse informs nearly every aspect of their shared life it does not define their relationship That is the message Shonna offers Sexual trauma may dominate but it need not define the relationship Shonna Milliken Humphrey s nonfiction has appeared in the New York Times the Atlantic Salon com Down East and Maine magazine For two years she wrote regular food restaurant and lifestyle columns for the Maine Sunday Telegram She holds an MFA in Nonfiction Writing and Literature from

Bennington College **I Don't Know What to Believe** Ben Kamin, 2016-02-09 A thoughtful honest guide to spirituality that respects one s inherited religious belief system while answering real life questions

**Understanding the Sexual Betrayal of Boys and Men** Richard B. Gartner, 2017-08-15 Understanding the Sexual Betrayal of Boys and Men The Trauma of Sexual Abuse is an indispensable go to book for understanding male sexual victimization It has become increasingly clear since the 1980s that men and boys like women and girls are sexually abused and assaulted in alarming numbers Yet there have been few resources available to victims their loved ones or those trying to help them Richard B Gartner was in the vanguard of clinicians treating male sexual victimization and has written extensively about it initially in professional papers then in his landmark 1999 book for clinicians *Betrayed as Boys Psychodynamic Treatment of Sexually Abused Men* continuing with his 2005 work *Beyond Betrayal Taking Charge of Your Life after Boyhood Sexual Abuse* He has been a tireless teacher clinician and advocate for male victims of sexual abuse in the classroom the lecture hall and of course the consulting room as well as in newspaper television radio and online interviews Dr Gartner has gathered together expert colleagues from the trauma psychoanalytic medical and survivor treatment fields Together they have created a comprehensive guide to what was once thought to be a rarity but now is clearly an all too common occurrence *Understanding the Sexual Betrayal of Boys and Men* looks at the realities of male sexual victimization guiding clinicians and lay people alike to understand the complexities of the

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today With hundreds of case histories of Australian marriages families and break ups Smith has been privileged to learn why people s relationships break down Readers will go behind closed doors to discover their unspoken truths hidden anger hurts resentments and fears that are at the core of their relationship problems They will also learn what they can do to repair their relationships and build lasting intimacy **The Dysfunctional Relationship Manual** Stanley M. Giannet,2008 The Dysfunctional Relationship Manual provides a penetrating opportunity for you to thoughtfully reflect on your relationship and identify issues that might be inhibiting your relationship growth and individual satisfaction with the relationship This book will serve as the catalyst for meaningful change choice and ultimately growth It will stimulate and challenge you to inquire and contemplate on vitally important areas that are the basis of healthy relationships This book is truly a tour de force for the self help movement See why mental health professionals prescribe the Dysfunctional Relationship Manual to clients as a source for strengthening interpersonal effectiveness Psychologist Dr Stanley Giannet unmask the slings and arrows of painful relationships and provides the identification and reflection tools necessary for life altering self discovery and insight

*Is It Love or Is It Addiction* Brenda Schaeffer,2009-08-07 A fresh updated and expanded edition of the book that changed the way we think about romance and intimacy Many of us confuse longing and obsession with true love Through two previous editions Is It Love or Is It Addiction has helped countless people find their way from the trials and confusion of addictive love to the fulfillment of whole and healthy relationships As the author reveals we can begin to work through relationship difficulties with compassion and lasting effect by increasing our awareness of the ways that we express love In this expanded third edition Brenda Schaeffer draws on years of feedback and new developments to foster an understanding of love addiction what it is and what it is not how to identify it and even more important how to break free of it Stories of real people struggling to develop sound relationships illustrate the characteristics of healthy love and help readers to free themselves to find real intimacy Included is the most up to date information about the biological basis of addictive behaviors and the impact of technology on intimate relationships The author also explores the influence of past abuse and trauma on the predisposition to love addiction **Should You Leave?** Peter D. Kramer,1998 This guide probes the complexities of human relationships

How do we choose our partners How well do we know them When should we work on relationships and when should we walk away The author presents his knowledge of psychiatry and the human emotions with the art of a novelist **How to Leave Them Even If You're Afraid** Latte And Rose,2021-02-09 Abuse control addiction and negative communication styles create dysfunctional relationships and progress towards your unhappiness and identity erosion We define signs of hidden forms of abuse dysfunctional relationship patterns how to exit these relationships prevent relapses and life afterwards Love Latte Rose **If We're Together, Why Do I Feel So Alone?** Holly Parker, Ph.D.,2017-01-03 Harvard University lecturer and clinical psychologist Dr Holly Parker offers a step by step guide for coping with emotionally unavailable partners Living with an emotionally absent partner can be overwhelming Constantly overcoming the silent distance can leave you with the sense

that the give and take in your relationship has disappeared But even a broken relationship can be reinvigorated In helping real world couples achieve a fulfilling future Harvard University lecturer and clinical psychologist Dr Holly Parker has developed a program filled with practical exercises and powerful advice for individuals on both sides of an emotionally damaged relationship In *If We're Together Why Do I Feel So Alone* Dr Parker presents her revelatory insights on topics such as How to identify unavailable personality types such as the Critic the Sponge the Iceberg the Emotional Silencer and the Defender How to create healthy emotional connections and boost physical intimacy How to eliminate habits that trigger self sabotaging behavior With patience empathy and willpower Dr Parker's program can help you restore balance and peace of mind and turn your damaged partnership back into a rewarding and joyful bond

**Should You Leave?: the Dilemmas of Intimacy** Paula Kramer, 1999-05



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rather only when the cause is present do we feel the terror of its

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