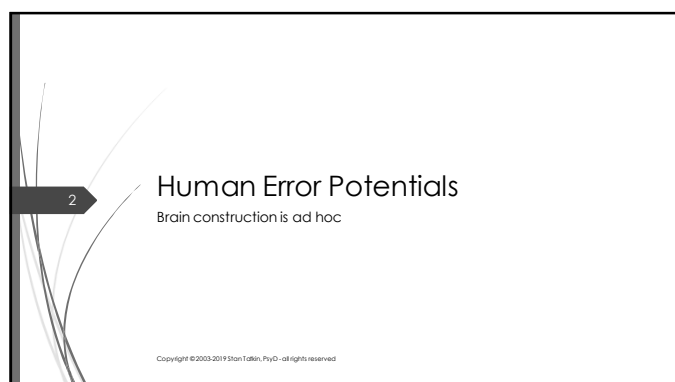
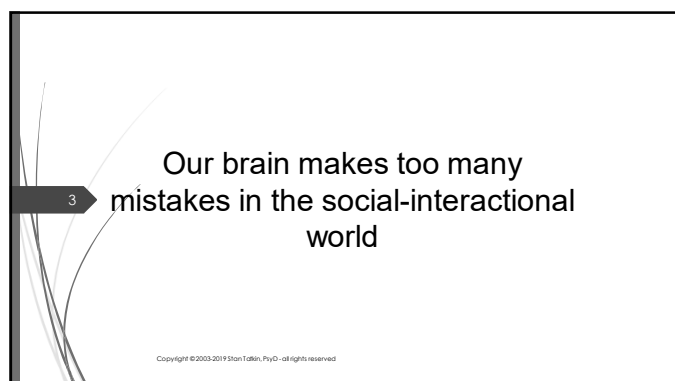


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3

We tend to believe everything we see, hear, smell, touch, and taste is objectively real

We believe our memory is accurate

4 We believe what we speak and hear is clear and understood

We believe we can be on the exact same page with another person

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4

5 Our brain all too often conflates social cues (faces, voices, movements, postures, words, and phrases) with real danger.

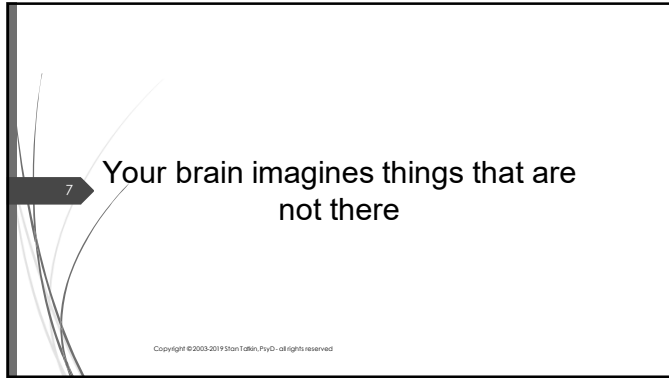
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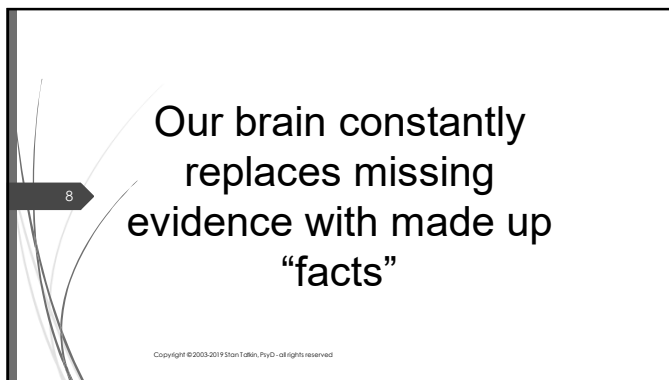
6 Our brain is mostly automatic, memory-based, and therefore confuses current events with previous experience via a lightning fast memory and recognition system

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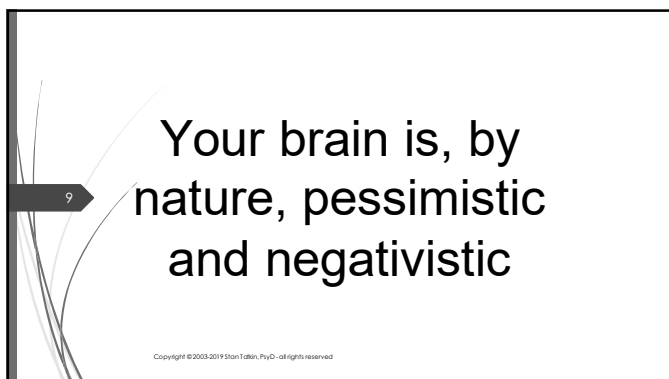
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You are genetically predisposed as a homo sapien to be difficult

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All people are difficult, but you should never be too difficult

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The Human Primate

- Is warlike
- Is moody
- Is impulsive
- Is self-centered and selfish
- Is fickle
- Is xenophobic
- Is easily influenced by group-think
- Is aware of what is missing and is therefore prone to greed, envy, and disappointment
- Is always comparing and contrasting (see above)

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What could possibly go wrong?

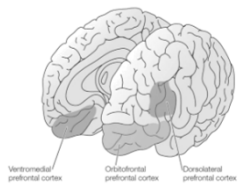
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Errors and Error Correction

- Master regulators
 - Ventromedial PFC
 - Dorsolateral PFC
 - Oorbitofrontal PFC
 - Anterior cingulate

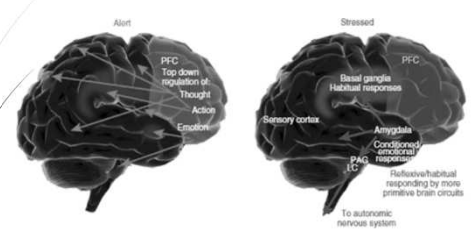


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Stress and Glucocorticoids Weaken Prefrontal Networks



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Social contract theory focuses on whether agreements between people are *balanced, fair, and just*.

Theory traced to Thomas Hobbes, John Locke, Jean-Jacques Rousseau, and more currently John Rawls (1999).

Lawrence Kohlberg (1971) made ability to form social contracts definitional to stage 5 in his theory of moral reasoning development.

Ivan Böszörményi-Nagy (1973) used social contract theory to explain why families who expected loyalty despite a climate of unfairness or injustice created individuals who felt angry and later attempted to settle their scores with spouses, employers, and others.

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- Principles, unlike rules and laws, are beliefs.
- I strongly discourage you from thinking in terms of rules.
- People may break rules and laws but breaking one's principles is akin to being untrue to oneself.
- Shared principles of governance are especially useful when you or your partner don't feel like doing something, don't like each other, or are in a bad mood.
- Here are some examples of shared principles of governance to get you started:

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Examples of Shared Principles of Governance

- We put our relationship first.
- We have each other's backs.
- We protect each other in public and in private.
- If one of us is in distress, we drop what we are doing and minister to that partner.
- We repair with each other immediately or as soon as possible.
- We take care of bad feelings immediately and relieve each other as fast as possible.
- We always protect our relationship's safety and security.

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Examples of Shared Principles of Governance

- "When one of us is in distress, we act quickly to relieve or reduce that distress."
- "If one of us is ever tempted to cheat, that partner will disclose his or her feelings, rather than act on them, and the other will listen without rushing to judgment."
- "We will serve as each other's primary go-to person."
- "We agree to postpone having a second child until such time as both of us are comfortable in our careers."
- "Events involving our immediate family (children, parents, and siblings) will take precedence over other events."

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Examples of Shared Principles of Governance

- We put the relationship first, above all other self-interests
- We always protect each other's sense of safety and security
- We apologize, make amends, and rectify misunderstandings or injuries in short order
- We are fully transparent with each other
- We minister to each other immediately when we are in distress
- We are the first to know things
- We never threaten each other or the relationship

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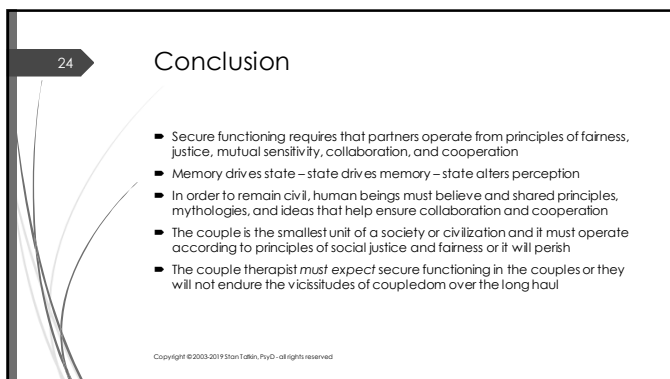
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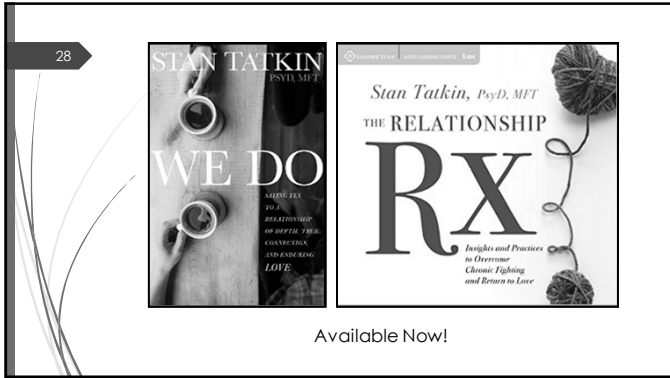
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