



Emotional Crisis Coaching

with *Elizabeth Zsoldos*

crisis transformation specialist

Relationship Coaching

... *and then they lived happily ever after.*” **But how did they do that?** Is there anyone who could find their **recipe for happily married lives in any tales like Snow-white II?** (Please, contact me, if you have been so lucky!) It seems that there is no such wisdom could exist, as our ancestors put the focus mainly on survival and not on what deep love might be like in a relationship.

Finding out how to make

a mutually happy relationship looks a challenge and a privilege of our era.

But actually, what about you?

What **game** do you play?

Do you live in a **love-and-hate relationship?**

How much do you complain about your partner – and about what?

What would you like to **change in your partner** – how is the same or the opposite trait in you?

What are the most common feelings when you are with / you think of your partner?

Are you worried about being **committed?**

Our partner’s action is a mirror or a trigger for us. And we often hate that mirror or trigger. Sometimes **it is much too frightening to look in that mirror, or we say it distorts...** Our amygdala used to freak out when a tiger was there, but now this mirror provides the same fierce fight-or-flight-or-freeze response for us. Why is it so? What do **the triggers activate?** In coaching we look into the underlying matters... We also look at what do both of you really miss. According to **our 6 basic psychological needs**, every lack can be boiled down to our needs for certainty, variety, significance, love & connection, growth, contribution. In coaching we start to ask: How could I best serve my partner’s needs equally paying attention to mine? Why is it vital? Because

**Embracing Each Other’s Needs
is at the Heart of a Long-lasting Relationship**

Recognising and fulfilling both of your needs without **compromising, is a learnable skill!** This is about **synergistic management.**

During the **RELATIONSHIP COACHING SESSIONS,**

I, as a Certified Relationship Coach

commit myself to assist you to work *mainly* on the following issues:

Assertiveness: e.g. “I’m always wondering what would happen if I could speak my mind.”

Attachment: e.g. “I feel so ambivalent toward him.”

Commitment: e.g. “Even after years I don’t know if he’s the right person for me.”

Communication: (verbal and non-verbal): e.g. “He said he would do everything for me, but was not there when I was sick.”

Playing games/ playing a victim: “Why does he always humiliate me?”

Patterns: e.g. “How could I be again a patsy for the third time, in my third marriage?”

Triggers: e.g. “He looked at me angrily which made me mad.”

Transgenerational transfer: “My dad was an aggressor, my granddad was an aggressor, and now my partner is an aggressor, too.”

Codependency: e.g. “My partner is an addict and I’m so abandoned.”

Border-issues: “I don’t want to see his mother here every day.”