

Introduction.....	7
Acknowledgements.....	8
Chapter 1 Displaced Stages of the Breakup.....	9
Conditions of the Stages.....	10
Latent Stage.....	12
Relative Deprivation.....	14
The Hybrid Partner.....	18
Processes Hidden by Ordinary Activities.....	19
Inability to Name Negative Feelings.....	20
Trigger Stage.....	22
Phase of Asymmetrical Decision-Making.....	26
Subjective versus Objective Victory.....	27
Splitting of Experience.....	28
Manipulation and Antimanipulation.....	29
Principles of Parallelism and Complementarity.....	30
Subjective Time.....	31
The Double Role of Pride.....	32
Narrowing of Attention to the Former Partner.....	34
Unprincipled Behavior of the Initiator.....	35
The Psychologist's Recommendation.....	36
Assessment of the Relationship's Viability.....	39
Duration of the State of Asymmetrical Decision-Making and Allowing Free Choice.....	41
Physical Separation and Fantasy Stage.....	41
Fantasy Figures.....	42
Diagramming the former partner and the proportion of forces of attraction and aversion.....	44
Compulsive Sociability, Drugs and Inability to Go To Sleep on Time.....	47
Reactive Depression and Unusual Feelings Toward Other People.....	49
Paradoxical Stage.....	50
The Defender Overtakes the Initiator in Ending the Relationship.....	51
Paradoxical Phenomena.....	53
Absence of the Paradoxical Stage.....	57
Renewal of the Relationship – Seeking an Old-New Identity The Tendency to Repeat a Trauma.....	58
The Possibility of Return.....	58
The Problem of Therapy.....	61
Stagnation in the Broken Relationship.....	63
The Last Chance, and Futile Searching for a Feeling of Subjective Certainty.....	64

Tendency to Repetition.....	66
The Principle of Authenticity versus the Principle of Reality.....	68
The Previous Relationship as a Means for Autostimulation.....	71
The End of the Relationship – Establishing New Relationships.....	73
Group Living with New and Former Partners in Fantasies and Recommendations for New Partners.....	73
Simple Filters for New Partners.....	74
Temporary Partners, Cobbling a Life Together, and Double Filters.....	76
Summary and Outline.....	78
Chapter 2 Defensive Reactions and Asymmetry.....	81
Self-Destructive Defensive Reactions.....	81
Two Laws of Frustrated Needs.....	84
The Law of the Strongest Conscious Need.....	85
The Law of Sharing Frustration.....	87
Partner Plague.....	89
Asymmetry – Introduction.....	91
Asymmetry of Distance and Activation.....	92
Preferential Curves – Appetence and Aversion.....	96
Drop-down Curve.....	100
Partnership of the „Tension” Type.....	104
Evolution of the Forces of Attraction and Aversion.....	107
Curve of Overstimulation.....	111
Partnership of the „Quarreling” Type.....	113
Time Synchronization of Activation.....	116
Zones and their Typical Symptoms.....	118
Autostimulation and Autoinhibition.....	119
Asymmetry of Dominance and Submission.....	122
Asymmetry of Dependence and Independence.....	123
The Stage of Separation Reaction.....	124
Asymmetry in Guilt Distribution.....	126
Distribution of Guilt and Expert Testimony for Courts.....	135
Relative Deprivation and the Enforcement of Court Orders.....	136
Chapter 3 Manipulation.....	138
Cycle of manipulations.....	140
Dichotomous Thinking – „Either-Or” Reactions.....	141
Dichotomous Thinking, Common Space and Decisions.....	144
Catch Figures.....	145
The Rules of Manipulation.....	146
Manipulation by Means of „Carrot and Sticks”.....	153
Tendencies Toward Mental Dependency.....	157
The Relationship of Peaks to a Drop-down Curve.....	159
Emotions as a Secondary Reward.....	161
Manipulators and Love.....	163
Chronic Self-Hatred.....	165
Self-hatred and Relationships with Other People.....	167

Chapter 4 Fantasy Figures.....	170
Mental Representations as Models of Real People.....	172
Externalization.....	175
Externalization Shifts the Subjective Boundaries Between You - Me.....	176
Mental No-Man's Land.....	178
We Do Not Attack Externalized Counterparts.....	180
Externalization with Narcissists and Masochistic Personalities.....	182
Characteristics of Fantasy Figures.....	185
Fantasy Figures in Dreams.....	185
Different Qualities of Fantasy Figures and Real People.....	186
Fantasy Figures are Activated According to the Needs of their Bearers.....	188
Proxemic Attributes of Fantasy Figures.....	193
Fantasy Figures Share the Memory, Abilities and Tendencies of their Bearers.	195
Fantasy Figures and Daily Rhythms.....	196
The Influence of Fantasy Figures on the Development of Paranoid Thinking...	199
The Lever Effect and Infidelity.....	200
Extreme Jealousy, Manipulation and Evolution.....	201
How to Work With Fantasy Figures.....	204
Fantasy Figures Cannot Cause Physical Harm.....	204
A Fantasy Figure Cannot Escape the Subject's Imagination.....	204
Fantasy Figures as Multipliers of Experience.....	207
Apologies as Prevention of Fantasy Multiplication and Translation Dictionary	209
Correlation Between the Behavior of Fantasy Figures and a Person's State.....	211
Spontaneous self-talks As Preparation for Real Interactions.....	213
Introduction to Work with Fantasy Figures.....	216
Directed self-talks.....	217
Chapter 5 Degenerated Communication.....	220
The Concept of Rhetoric.....	221
Main Principles of the Analysis of Rhetoric.....	222
Communication Acts and Manipulation.....	226
Types of Degenerated Communication.....	229
Degenerated Expression of the Need for Closeness.....	229
Degenerated Expression of One's Own Needs.....	230
Degenerated Expression of Praise.....	231
Degenerated Realization of One's Own Feelings (fearlessness, guilt, etc.).....	231
Solving the Problems of „Burning Bridges”.....	233
Degenerated Expression of Feelings.....	234
Degenerated Calls for Help.....	235
Inability to Distinguish Negative Feelings.....	238
Couples' Degenerated Communication and Breakthroughs.....	240
Conclusion.....	240
Concluding Inspiration.....	243
Glossary.....	244
References.....	251