

# Arise In Your Queen

## ATTRACT YOUR KING

### The Couple Bubble

I want to welcome you back Sister Queen to **Module 5 – True Partnership**

And today's lesson is called ***"The Couple Bubble"***

Let's start today with a quote:

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*Being deeply loved by someone give you strength, while loving someone deeply gives you courage* ~ Lao Tze

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I wanted to leave this lesson until the very last, because it provides for us so much hope and encouragement that true partnership can and does exist, once you know the parts that it's made of.

One of those essential components is *"the couple bubble"*.

#### **Today you'll learn:**

1. What Is a Couple Bubble?
2. Why "We" Is so Important
3. How to Create a Couple Bubble
4. How to Include Thirds

I learned about this concept through Tatkins' work and have actively applied it in my current relationship.

## What is a couple bubble?

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*"A "couple bubble" is a mutually constructed membrane, cocoon, or womb that holds a couple together and protects each partner from outside elements" ~ Stan Tatkin*

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In short...

There's you...

...and me...

...and then there's we

**The "we" is the couple.**

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*The couple bubble is the owning, protecting of and defending the "We"*

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## Why "We" is so important

When couples don't understand the couple bubble, they will tend toward the you and me stance....which can only end up in eventual defensiveness, separateness or fighting for YOUR stance, YOUR opinion, YOUR needs vs THEIR stance, opinion or needs.

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*The couple bubble becomes something that you both love, adore and defend.*

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It's something that you realize is there to support both of you and to create an experience of being securely bonded with your partner.

So, it's worth objectifying the "we" in order that the "you" and "me" can feel safe, loved, and supported in a deep, ongoing relationships.

As Tatkin says:

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*"The couple bubble" is a pact between partners in which the quid pro quo is to empower one another with the tasks of devotion and caring for the other's safety, security, and wellbeing...*

*...when the going gets tough, the couple bubble is all you can really count on to hold your relationship together"*

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It doesn't mean that you won't make mistakes or inadvertently hurt each other, and it doesn't mean that you'll never make a personal decision before the relationship.

It does mean, however, that you will hold each other to this fundamental agreement of:

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*"We comes first".*

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If this isn't in place or put in place what can happen is that, soon enough, one or both primary partners can feel marginalized. One of the partners creates primary pairing with another person or thing and this puts their primary partner "on the outside". This can look like forming unholy alliances with your own children, or allegiances with a parent or friend that forms against the primary partner. This can also look like their work being more important than the relationship, or television or a golf.

## **How do you create a couple bubble?**

The first principle of the couple bubble is that it allows partners to keep each other safe and secure.

Together, you and your partner create and maintain the couple bubble. It's something that you work on together.

You agree to do things for one another that other wouldn't be willing to do for you

Here are some guidelines for each of you:

1. **Be devoted to your partners sense of safety and security.** What make THEM feel safe and secure, not your perception of that.
2. **Don't pop the bubble.** Don't be ambivalent! This could look like taking a stance this is partly in the couple bubble and partly out of it.
3. **Ensure the mutual maintenance of the couple bubble.** Honor it. This is not co-dependency, but an agree that when you're there when I need you, then I'm there when you need me.

4. **Use the couple bubble as a safe haven.** You know that you can always ask for your partners help and support and where you can be vulnerable and real. e.g. in a social situation maintaining an awareness of where you partner is, if not near you, and their needs. Be available to them at a moments notice. Use eye contact, signals, whispering to conspire to keep each other feeling safe, loved and cared for.

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*Remember, together you can be truly formidable!*

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## How to include thirds

Before I dive into this too much, I want to add to the couple bubble concept.

When Thomas I and I first started dating we read the "Wired for Love" book and decided to implement the couple bubble very early.

What this looked like in early dating phases was that we didn't include thirds for a while....quite a while actually...it was around 6 months before either of us met any of our friends or children.

Why?

To develop the couple bubble we needed to know each other first before we tested the "we" on the world, his kids, our friends, our associates.

What this meant was that by the time we did included thirds, or others, we felt securely bonded and that the "we" had become strong, dependable and impenetrable.

Who are included in "thirds"?

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*Thirds are anybody or anything else that you associate with frequently in your life.*

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e.g. kids, friends, your job, social events, hobbies, alcohol, drugs, television, texting, phone calls, stress, unforeseen life events.

Read chapter 7 of the book for how to deal with each of these. "how to include outsiders".

The basic idea is that outsiders, even your own kids, benefit immensely from your couple.

Outsiders feel MORE held, loved and included when your couple bubble shows them what secure bonding feels like.

In short, it's a gift to others when you turn up securely bonded with a strong couple bubble.

This aspect of dealing with thirds is a really important part of having the owners manual on your relationship.

## **HOMEWORK**

Discuss with your partner this concept of creating a couple bubble. What agreements are you willing to have around this?

Ask them to read "Wired for Love" and have open conversations whilst reading the book together.

Let's end here with some core agreements of a couple bubble:

*"I will never leave you"*

*"I will never frighten you purposely"*

*"When you are in distress, I will relieve you, even if I'm the one causing the distress"*

*"Our relationship is more important than my need to be right, your performance, your appearance, what other's think or want, or any other competing value"*

*"You will be the first to hear about anything and not the second or third person I tell"*

### **In Review, what you've learned today is:**

1. What Is a Couple Bubble?
2. Why "We" Is so Important
3. How to Create a Couple Bubble
4. How to Include Thirds

You've done it! You've gone through all of the lessons in the Salon.

Now, embody them, apply them, trial and error them yourself.

I KNOW this work. It has for me and 1000s of other super smart women like you!

We're here to support you. So, share, ask questions and engage in the support group.

Now, head on over to the **"Arise In Your Queen Facebook Page"** and share **one key reflection** that you gained from the lesson today.