

FTN
Financial Therapy Association
2019 Annual Conference
May 11-13, 2019

Sex, Money and Power

Revisoning the Therapeutic Narrative

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Learning Objectives

- Identify three adult attachment styles often exhibited in power dynamics.
- Understand and track three core narratives and themes driving financial behavior.
- Identify and apply two therapeutic interventions to restore sexual and financial balance in relationship.
- Recognize Relational Currency in couples to help reduce power struggles.
- Utilize models of power when working with sexual or financial abuse and control.

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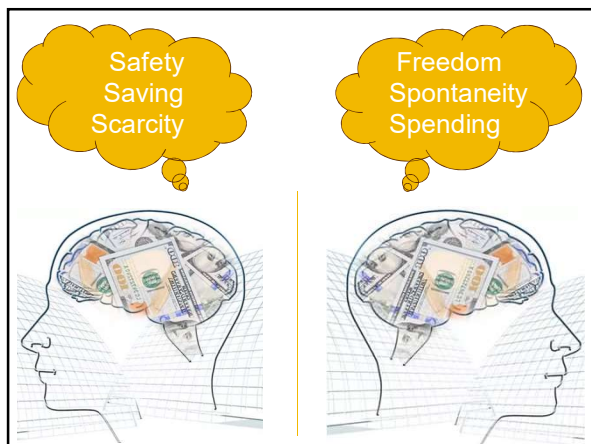
Life Lessons/Messages...

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Money and Work Beliefs:

- Rooted in childhood
- Conscious or unconscious drivers in our behaviors.
- Organizing narratives

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Definition:




1. Ability to act or produce an effect.
2. Capacity for being acted upon or undergoing an effect.
3. Possession of control, authority, or influence over others.
4. Physical might.

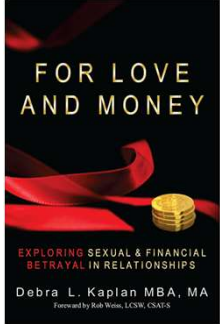
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"A great man once said, everything is about sex. Except sex. Sex is about power."
- Frank Underwood



 #Houseofcards

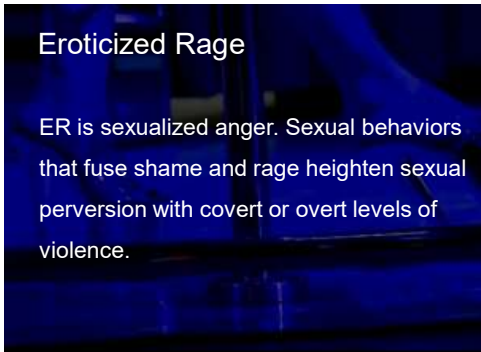
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Eroticized Rage

ER is sexualized anger. Sexual behaviors that fuse shame and rage heighten sexual perversion with covert or overt levels of violence.






Monetized Rage

MR speaks to the synthesis of anger and money as a means for control or exploitation.





“MR behaviors have a close relationship with ER behaviors, as both sets of actions involve control and exploitation through rage, contempt, disdain, and perverse entitlement. However, whereas ER speaks to the fusion of anger and eroticism, MR speaks to the synthesis of anger and money.



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Attachment Styles

Child & Adult

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Anxious Preoccupied

Child	Adult
<ul style="list-style-type: none"> Intense efforts to please caregiver/parent. Received messages of disappointment from caregiver/parent. Role reversals in which child parented adult. 	<ul style="list-style-type: none"> Crave intimacy yet doubt self worth. Unable to trust partner. Insecurity in relationships.

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Fearful Avoidant

Child	Adult
<ul style="list-style-type: none"> Learned not to depend on caregivers. Feelings rejected or denied by caregivers. Intimacy becomes threatening / dangerous. 	<ul style="list-style-type: none"> Fearful of intimacy. Invests little emotion in social and romantic relationships. Unable or unwilling to share thoughts and feelings. Finds fault with the partner.

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Dismissing Avoidant

Child

- Learned self-sufficiency due to neglect or proximal distance.
- Needs of parents' superseded needs of child.
- No "here," here.

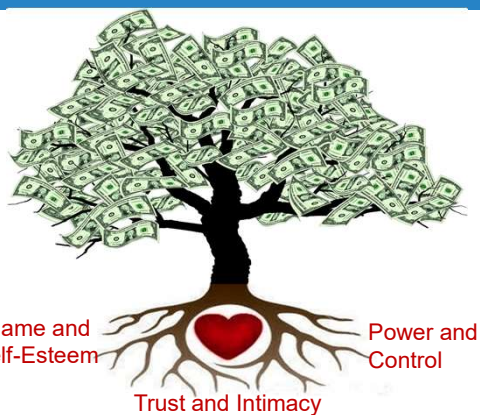
Adult

- Thinks highly of self.
- Arrange life and others at a distance.
- Needless/Wantless.
- Choose partners who require no reciprocal needs.



Family-Of-Origin

Shame and Self-Esteem
Trust and Intimacy
Power and Control



Shame and Self-Esteem

- Intergenerational guilt and shame in FOO.
- Low self-esteem; depression, insecurity in relationships.
- Related issues of power and control.
- Scarcity/Deprivation



Shame and Self-Esteem Themes

- ❖ Codependent Giving/Spending
- ❖ Money Aversion
- ❖ Under Earning Vs. Over Working
- ❖ Loss of Dreams



Trust and Intimacy

- Lack of trust due to unresolved trauma.
- Earlier betrayal in FOO often surfaces in adult relationships.
- Inability to trust due to “expectation” of betrayal.
- Fear creates controlling behavior.



Trust and Intimacy Themes

- ❖ Money and Work Compulsion / Addiction
- ❖ Hiding Money
- ❖ Problematic Wealth



Power and Control

- Exposure to childhood overwhelm contributes to a sense of powerlessness.
- Insecurity in childhood with money and work.
- Compensation (reward) is control of others.



Power and Control Themes...

- ❖ Gambling / Crime
- ❖ Controlling Relationships
- ❖ Money Obsession



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On Power Grabbing and Impression Management...

"These people operate from a core insufficiency-of-self, compensating for their insecurity by gaining power, control, and money. Their never-ending quest for external approval masks their true desire of inner fulfillment."

- *For Love and Money*



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Monetized Rage

Speaks to the fusion of money and anger as a means for financial exploitation and control:

- Rage
- Contempt
- Disdain
- Entitlement




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Monetized Rage

Control in relationship may be
overt or covert



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Power Theories

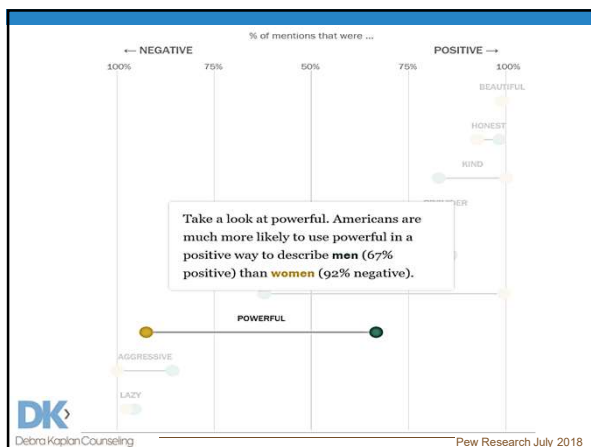
Leveling The Playing Field

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Pew Research studied how Americans describe what society values (and doesn't) in each gender...

Pew Research - This analysis is based on data from a nationally representative survey of 4,573 adults, conducted online Aug. 8-21 and Sept. 14-28, 2017, using Pew Research Center's American Trends Panel.

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Interdependence Theory

Social exchange theory introduced by social psychologists, Harold Kelley (UCLA) and John Thibaut (UNC) in 1959 and later formulized in 1978.

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Interdependence Theory

- There are rewards and costs to any relationship.
- People try to maximize the rewards while minimizing the costs.



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Reflection*



- What are the costs/benefits of a relationship in which you choose to remain?
- What outcome are you willing to accept?



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Dyadic Power Theory (DPT)

Boyd Rollins & Stephen Bahr proposed Conjugal Power Theory in 1976, later revised by Norah Dunbar, as Dyadic Power Theory (DPT).



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Dyadic Power Theory

- Emphasizes the relative perceived power of partners in a relationship.
- Individuals' perceptions of their own power (vis-à-vis partner) increases with a perception of legitimate authority.
- This perception of power increases the likelihood for control attempts and dominance over partner.



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Reflection*



Think of a primary relationship:

- How would you describe its balance of power?
- What is the relative perceived power of each partner in the relationship?
- Does dominance play a role? If so, how?



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What is Relational Currency?

- What each individual values and brings to a relationship.
- The acts or statements used to express love and affection in relationship.



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On Relational Currency...

The simple fact is that couples arrive at a relational medium of exchange, whether they know it or not. This relational currency is based on their individual values (both conscious and unconscious).



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Level The Playing Field

- Assess for individual's strengths to promote authentic power.
- Examine your own sense of power vs. that of your partner's.
- Resisting and countering influence is essential.
- Position taking is a type of power. The ability to resist your partner's ideas, counter their suggestions, or veto their decisions is also an important type of relationship power.



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What Are My Fears?

- Fear of being a failure
- Fear of being alone
- Fear of being direct
- Belief in insufficiency



What Are My Confidences?

- I have good support in my life
- I am thorough
- I know how to ask for help
- I believe in myself



Financial Health



- ❖ Scarcity / Abundance
- ❖ Spending / Debting
- ❖ Workaholism / Underearning



Scarcity / Abundance



- ❖ Deprivation / Wealth Obsession
- ❖ Money Aversion / Money Obsession
- ❖ Insecurity / Entitlement



Spending / Debting



- ❖ Overspending / Debting
- ❖ Boundary Collapse / Codependence
- ❖ Needs / Wants


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Workaholism / Underearning



- ❖ Overworking / Underearning
- ❖ Undervaluing / Self Sabotage
- ❖ Hero / Scapegoat

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