



Illusions and Delusions of Love

Moving beyond the destructive
effects of trauma

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Humans love because they are

- social
- sexual



Different types of Love

- mother-child
- father-child
- child-mother
- child-father
- between siblings
- to one's own family
- of a man
- of a woman
- of one's own tribe
- of one's own country
- of oneself

Love can go beyond



borders and limits.

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The first love experience
of human beings
is symbiotic.



Symbiotically every child is doubly bonded to her mother:

passively: the emotional qualities of the mother are an imprint in the child's soul

actively: the child tries to support the mother



The symbiotic love of a child towards her mother is one of the most powerful emotional forces.

Love

- between child and mother always exists.
- between mother and child only happens, if the mother is not traumatized.

A trauma is

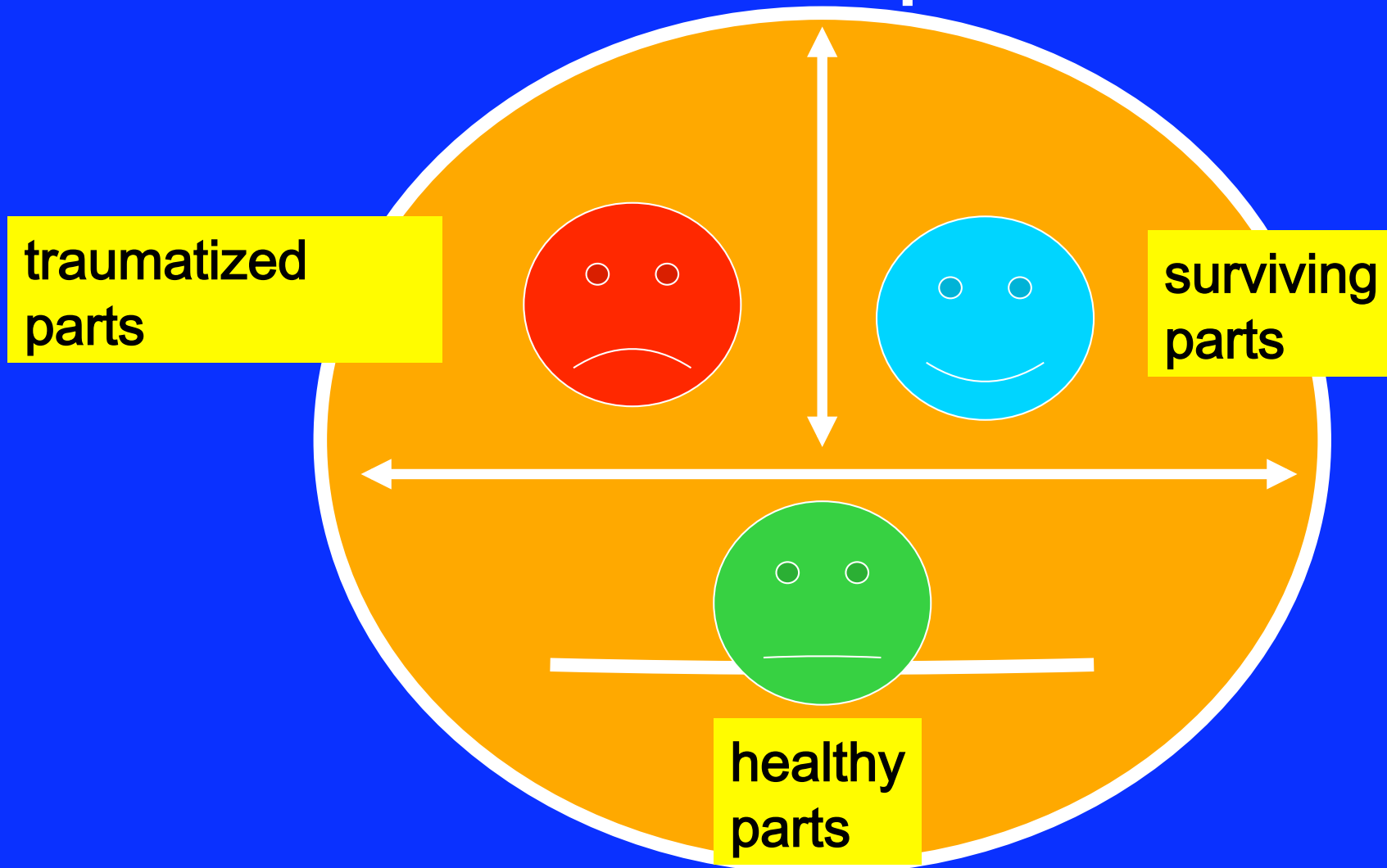
“... a vital experience of discrepancy between threatening situational factors and the individual’s coping capacities, that is associated with feelings of helplessness and lack of any protection, thus creating a permanent instability of the self-concept and perception of the world.”

(Fischer und Riedesser, 1999, p. 79)



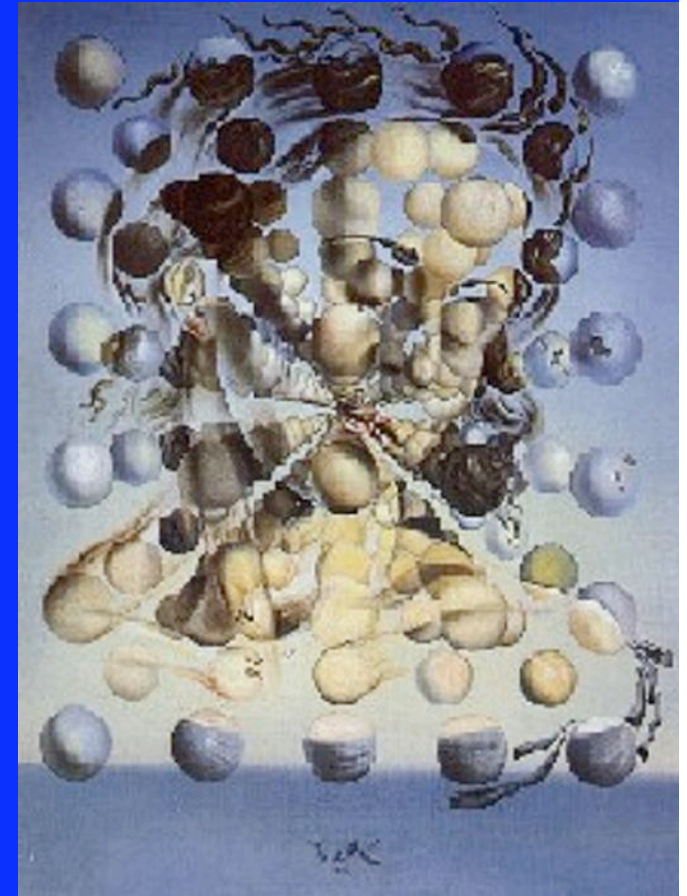
**When traumatised
we freeze,
dissociate
and split the
personality in
order to survive.**

Split in the personality structure after a traumatic experience



Trauma and parental love

- Traumatic experiences destroy the capability of parents to love,
- because of their surviving mechanism, they avoid deeper emotional contact with the child.



„Symbiotic trauma“

A child is helpless and incapable of getting a stable and safe emotional contact with his mother.



Characteristics of the traumatized part in a symbiotic trauma

- despair that there is no love from mother
- deep loneliness
- fear of dying
- suppressed anger
- suppressed sadness





Characteristics of the surviving parts in symbiotic trauma

- idealising the mother
- repressing and denying one's own trauma
- identification with the surviving mechanisms of the mother
- identification with the traumatized parts within the mother

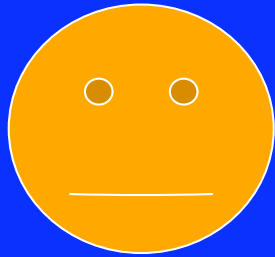
Consequences of a symbiotic trauma for a child

- no capacity to distinct between own feelings and those of the mother
- not living one's own identity
- mental illnesses like hyperactivity, depressions, psychotic states
- repeating symbiotic entanglement in other relationships



Characteristics of a symbiotic entanglement

- clinging and adhering
- hiding one's own vulnerability
- anger, hate and violence in a relationship
- no real self esteem, feeling of worthlessness
- always looking to others
- love illusions and love delusions



Characteristics of love in healthy parts of the personality

- knowing that love can be developed by oneself
- clearly saying “Yes” or “No”
- supporting the autonomy of the other
- respecting borders and limits
- taking responsibility
- no sex without love
- no sex with children
- no lying
- ability to distinct between reality and illusions
- willingness to free oneself from symbiotic entanglements
- loving oneself

Important distinction in psychotherapy

- **Disintegrate** traumatic structures that are incorporated through symbiotic entanglement with the parents
- **Integrate** one's own splits in the personality structure

The 5 most important steps in psychotherapy

- giving up of illusions
- withdrawing from symbiotic entanglements
- understanding the split in one's personality
- acknowledging the traumata that happened
- integrating traumatised parts



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Literature

- Franz Ruppert (2008). Trauma, Bonding & Family Constellations. Understanding and Healing Injuries of the Soul. Frome/UK: Green Balloon Publishing.