

SEVEN LAWS OF AN EMOTIONAL TRIANGLE

1. The relationship of any two members of an emotional triangle is kept in balance by the way a third party relates to each of them or to their relationship. -p.36
2. If one is the third party in an emotional triangle it is generally not possible to bring lasting change. -p.37
3. Attempts to change the relationship of the other two sides of an emotional triangle not only are generally ineffective, but also, homeostatic forces often convert these efforts to their opposite intent. -p.37
4. To the extent a third party to an emotional triangle tries unsuccessfully to change the relationship of the other two, the more likely it is that the third party will wind up with the stress for the other two. -p.37
5. The various triangles in an emotional system interlock so that efforts to bring change to any one of them is often resisted by homeostatic forces in the others or in the system itself. -p.38
6. One side of an emotional triangle tends to be more conflictual than the others. -p.38
7. We can only change a relationship to which we belong.
Two rules: 1. Maintain a well-defined relationship with each and avoid the responsibility for their relationship with one another.
2. Maintain a "non-anxious presence." -p.39