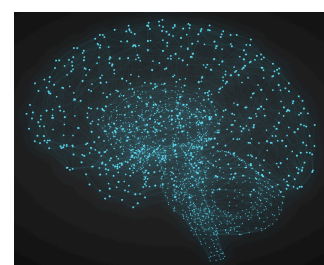


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CHAPTER 10: CONNECTION WITH OTHERS —OUR 4CS IN ROMANTIC RELATIONSHIPS

Quoting the adage that opposites attract, our author highlights that it is not rare to see a left-brain dominant person mate with a right-brain dominant one, and vice versa. However, there's a caveat to be mindful of:

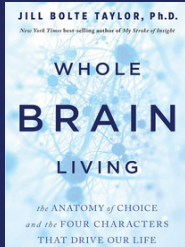
“On these occasions, the pairing makes up a whole brain, and more often than not their interests, contributions, and chores fall along predictable lines. These couples often become dependent on their partner instead of developing their own opposite skills.”

But the goal is to grow together, not to create co-dependence. And so in this chapter, without wanting to reduce anyone to one character, she reviews how we all tend to have one character that shows up more than the others in our romantic relationships.

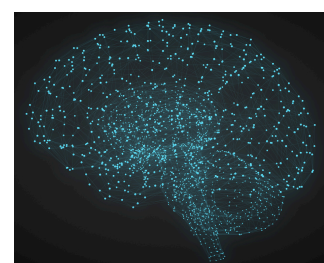
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C1

- They value thinking over feeling.
- They focus on providing external conveniences for living, not on passion or love.
- They like defining the edges of the relationship and accurately timing how the relation is progressing.
- They will push conversations on relationship status and are eager to put the relationship in a box and predictable structure.
- To them, a date is goal-focused and about impressing each other. They can easily turn dates into an interview.
- They value long-term relationships and foundations.
- They feel safest with predictables C1s and C2s but can find temporary excitement in dating an adventurous C3. However C3's recklessness will often scare C1s away eventually.
- They make C2s feel protected, safe and taken care of and can often take the role of the rescuer in C2's lives.
- It can be very hard for them to leave a relationship, considering that it would be quitting and therefore failing.



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C2

- They feel safest with C1s but can find a lot of comfort in dating other C2s.
- Two C2s together will consider themselves united against the world! But their unabashed hostility might at some point turn towards each other.
- A C2 might fall in love with a C4 but they will often eventually walk away to protect their internal zero-sum game story and labeling the C4's perspective as pollyannaish.

“Both of our left-brain C1s and C2s run an emotional storyline that is a zero-sum game, meaning that only one player can win when causing someone else to lose. C1s and C2s keep an ongoing scorecard and always know who's one up.”

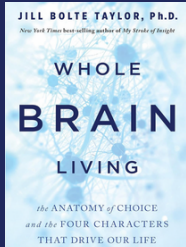
C3

- They do like defining relationships and might be easily driven away by left-brain characters.
- They don't rely on societal norms and are not prone to monogamy or forever ever after.
- They look for the adrenaline rush of high-energy first dates.
- They look for creativity and innovation, non longevity.

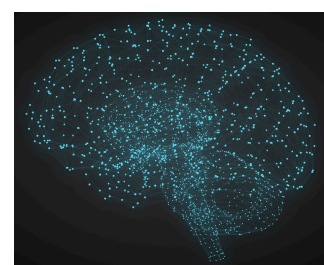
C4

- They care about the energy that the relationship brings in one another's lives.
- They're mindful of the big picture perspective and always check if the relationship feels draining or life-giving.
- They might be fascinated by the thinking skills of a C1 and see beauty in any kind of personality trait but they will not remain in a relationship with someone who cannot shift back into the present moment at least part of the time. Boredom will arise and they will walk away if the relationship feels void of a true connection.
- Only presence will make a C4 feel love, no matter how many words of presents a left-brain character showers onto them.

“If the C4 finds itself stuck in an unhealthy relationship, they may choose to shift into their C1 or C3 in an attempt to feel more compatible, or they may shift into their despondent C2 and feel lonely. Sadly, it is all too common for us to compromise the peaceful nature of our C4 in order to be in a relationship with others.”



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Most of the time, when our relationships go south, it's because something led us to embody a triggered version of our C2s. And two scared C2s together will not be able to reconnect and salvage their love affair.

She writes:

“The lesson here is that the minute any of our characters go against their true self and shift into their reactive and defensive C2 to hold on to a relationship, they lay the first brick of the wall of separation.”

She adds:

“Once a C1, 3, or 4 has been dragged into the emotional pain of their C2, they do not stand a chance of happiness until they shift back into their primary character. Two C2s in dispute will never agree or find long-term peace.”

Our C2s will always look for peace in the external world and never truly understand that this can only ever be an inside out experience. They will look into current events, relationships, drugs, food, alcohol to find an anchor but never inside. Our other characters must therefore help our C2 if we want to support our well-being and sense of agency and peace.

She highlights:

“Whenever our C2 assigns its ability to experience happiness to people or other external factors, we dive deeply into a codependent relationship with those sources. No matter who I am, I cannot make you happy, sad or even mad. We each generate our own emotions, and we are each responsible for what circuitry we run in our brain.”

And so as with every other aspect, our main capacity for growth in relationships resides in our ability to support our C2 through the Brain Huddle and to make sure that we partner with people with whom we can embody the healthiest version of our Cs.