

## Why do we get so mean to people we love

Hi guys, Irina Baechle here- a licensed relationship therapist from [IrinaBaechleCounselingLLC.com](http://IrinaBaechleCounselingLLC.com), and today I wanted to make another video on another burning question that I keep hearing from my individual clients and my couples and the question is this; “Why do we get so mean to the people we love? It doesn’t make any sense.” So I am going to tell you why I think we do get so mean to people that we love most and what we can do about it.

So, why do we get so mean to people we love most and what we can do about it. It doesn’t make any sense! You are right, it doesn’t make any sense if you are thinking about this from an intellectual perspective, from your head, right? From a cerebral perspective it doesn’t make any sense. I have these communication skills, I know how to interact with my partner, I know what to do, I know what not to do, I know I shouldn’t start a conversation with saying; “you are an asshole”. I know all that but I still do and this knowledge still doesn’t help me, so the reason why it doesn’t make any sense intellectually, but it makes a lot of sense if you think about it from an emotional perspective, from an attachment perspective and from your heart and not from your head, is because of the type of connection that we build with the person who matter most to us. This type of connection with the person we married to and the person we have committed to.

This type of connection, this type of relationship is very different from the type of connection and relationship that we have with our neighbors, with our co-worker, with our boss, with our kids’ teachers. In this type of connection- we kinda don’t care... we care about them, right, but we don’t care that much about them, about their opinions, about their thoughts, about conflicts with these people as nearly as much as we care about what our spouse and what our most important person has to say about this, right? Think about this-our brain, our nervous system and our body was designed in this way for thousands of years and it makes a lot of sense. So because I don’t care as much about what my friend might think about this and I care a lot more about what my husband has to say about this, my emotions about when we are involved in an argument, are so much bigger and so much more visible and the panic, we call primal panic, and attachment is so much more happening and bigger than in any other relationships! And I freak out, I might not know that intellectually (that I freak out), I might not understand why is it happening and I might not be able to be able to express it and externalize that, but it happens, it takes place and so... I was listening to...actually watching this video on LinkedIn the other day and Tony Robins was talking about how emotions amplify relationships, right, and it is true research shows that and also true that emotions amplify romantic relationships.

If emotion amplifies relationships, regular relationships, then it amplifies times 100 any romantic relationships because I care about my partner so much more, and if you are someone like me who is very straight forward and has a lot of mean words to say to my husband, to my partner when I am in the middle of distress and I am freaking out then I am going to be very mean, and I can say things that I am going to regret later ...I am going to forget all this knowledge even though I do this for a living. All this knowledge is irrelevant and it doesn’t matter when I am panicking, when I am distressed, when I am not sure whether he is going to be there for me after this fight if I tell him everything that I have in my mind.

So it makes sense, right? Now that we get so mean, we get so flustered, we get so frustrated towards our most important person so much quicker, so much faster, so much bigger than to any other person and it happens because we love this person and we care about this person, and if we didn’t love this person our panic would not show up and that would be more concerning to me than when it shows up inappropriately. Now we just need to understand it, need to make sense of it and then learn how to share this panic, share

this vulnerability with our partner in a way that pulls our partner closer in instead of pushing them away from us. Okay, I hope this was helpful and I will see you soon. Bye bye.