

# Integral Relationships:

A Manual For Men Who Want To Co-Create Healthy Partnerships With Women

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singles2couples publishing

Santa Rosa, CA

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## Introduction:

Pain is inevitable - suffering is optional.

This manual is **for men** because they generally benefit more from being in a committed relationship/marriage than women, but frequently care less about what makes them work than their partners.<sup>1</sup> As a result, an increasing number of emotionally and financially independent modern and post-modern women have given up on taking responsibility for their partnerships with men, feel miserable, blame them, leave in frustration, and rather remain (un)happily single than to return under the previous conditions.<sup>2</sup> Thousands of politically correct, oversimplified, and women-pleasing self-help books that view men and love relationships from a feminine perspective already flood the market. If their advice would work, we would see an increasing number of satisfied men and women in healthy love relationships, not a decline. In addition, women tend to get uncomfortable, defensive, or sometimes even outright hostile, when offered views on relationships that integrate evolutionary differences between the sexes with feminine and masculine polarities along levels of developmental lines. Pushing this unconscious button would alienate them only further from men, which is **NOT** the intention of this manual. It rather aims to provide a sensible solution for men who desire to be in a healthy, co-created, sustainable partnership with a woman by stepping up to the plate and solving the problems that have emerged between the sexes in recent decades.

Albert Einstein said: “The significant problems we face cannot be solved at the same level of thinking we were at when we created them”. This advanced level of thinking needs to come from men who are “integrally informed” and motivated to take responsibility for their part in the co-creation of male-female partnerships.

“Integral” means “whole”, “complete”, or “comprehensive”. The term was adopted by the renowned American philosopher, psychologist, and writer Ken Wilber (1949 - ), who spent over 4 decades of his life to create a coherent map of human growth and potentials.<sup>3</sup> He considered all recurring patterns of human wisdom and knowledge from the East and West that stood the test of time, including physics, biology, anthropology, sociology, psychology, spirituality, and religion (or matter, body, mind, heart, soul, and spirit). The result was an “integral” theory, map, or model that is now available to us. It has been already successfully applied in such fields as politics, ecology, economics, medicine, law, art, management, spirituality, and education. This manual is the first application of the integral model to dating and the co-creation of healthy love relationships.<sup>4</sup>

Throughout the manual you will learn that everybody (including you) is right from their own (world)view, what these views are, how they evolved over time, and how men and women with differing views relate with each other. As you embrace an increasing amount of views, and balance and harmonize whatever is present in your own being, you can meet others with ever more integrity, compassion, love, and understanding. This will not only reduce your own, but also the suffering of others, and drastically improve all your relationships, especially your love relationships with women. You may then open up to further growth-potentials and work towards achieving them if you choose so.

In **Part 1** of the manual we will cover the elements and terminology of the integral relationship model. In **Part 2** we will integrate the elements by (1) placing the feminine and masculine polarities into four *quadrants*, (2) constructing an “Integral Love Triangle”, (3) differentiating male and female growth in consciousness, and (4) outlining a personality Matrix. In **Part 3** you find practical tips for the application of the model in the actual territory of male/female partnerships, and **Part 4** contains reviews of relationship books from an integral perspective.

To keep the text succinct and flowing, you find additional thoughts, details, references, and resources for further reading in an abundance of endnotes. You may also “speed read” by jumping to the “summary” at the end of those Chapters who’s content you are already familiar with.

Throughout the manual we will refer to women that you romantically relate to as “partner”, and love relationships as “partnerships”, to distinguish them from the people that you have non-romantic relationships with.

### **Four premises:**

This manual is based on four premises; (1) we are only self-aware through our relationships, (2) we are here to procreate, (3) the meaning of life is to grow in consciousness towards awakening to our true purpose<sup>5</sup> and full capacity to love unconditionally, and (4) that Love may be unconditional, but relationships are not.<sup>6</sup> If these premises hold true, then male/female partnerships define our past (we would not be here without our ancestors), present (we would not be aware of our male existence, and have no purpose without female reflection), and future (males and females can only awaken and sustain the human race together).<sup>7</sup> If we are at all concerned with our own health and happiness, the future of our children, the well-being of others, the sustainability of our ecosystem, and the further evolution of humanity at large, then we need to take a careful look at the quality of our intimate love relationships. And what we see is not that pretty.

### **Facts and numbers:**

Today, approximately 84 Million Americans (44% of the adult population) do not cohabit<sup>8</sup> and are considered to be singles, of which 12.9 million are single parents.<sup>9</sup> Over 30 million adults are trying to find a partner on-line or through singles organizations.<sup>10</sup> The number of singles is constantly increasing, with negative effects for their physical and emotional health, socioeconomic status, and size of their ecological footprint.<sup>11</sup>

Between forty and fifty percent of marriages in America will end in divorce,<sup>12</sup> with 62% of couples reporting in 2008 to be happy with their marriage.<sup>13</sup> This means that about 35% of Americans are presently in happy relationships while only 10% experience marital satisfaction over an extended period of time.<sup>14</sup> Over two thirds of divorces are filed by women.<sup>15</sup> The emotional and financial suffering of men tends to be larger after a divorce or breakup than that of women.<sup>16</sup> The prospects for physical and emotional health,

income, job-security, promotion, sexual satisfaction, and life expectancy of men generally increase by being in a partnership/marriage, while the same holds only true for women who are with a supportive man in a healthy relationship, otherwise they decrease. **These facts are simply shocking!**

Men generally find women to be sexually attractive, while desirable single women find less than 5% of available men to be suitable partners.<sup>17</sup> Since most men compete for attractive women, they get frequently ignored, rejected, or dumped, while many women complain that there are no good men out there. Some women even believe in the urban myth that there are two women for every man in our adult population, while in actuality the overall US population is rather balanced between the sexes.<sup>18</sup>

Relationship books top the self-help category and approx. 90% are purchased and read by women.<sup>19</sup> Women are also the main consumers of partnership oriented media content such as newspaper articles, magazines, radio and TV programs, and typically outnumber men at churches, support groups, singles events, dating websites, relationship seminars and workshops (unless they have “sex” in the title).<sup>20</sup> These resources appear to make women even more critical, unsatisfied, and demanding in their relating with men, while they are often suspicious and feel manipulated if men try to improve their relationship skills by the same means.<sup>21</sup>

We obviously have gotten ourselves into a big, confusing, painful, damaging, and frustrating mess around our partnerships, and none of the previously available approaches seems to provide a way out.

This manual attempts to solve this problem by providing men with a complete, accurate, multidimensional, and comprehensive (integral) map of the entire relationship territory.

Please keep in mind that **the map is not the territory**, no more than a cookbook is the meal. Maps, books, and manuals are only pointers to reality. The gap between the map (such as your vision of a healthy, happy love relationship) and the territory (your reality of being single or in an unfulfilling partnership) is called the reality gap. This is where you come in - to bridge this gap. Only if you apply the model to your real-life dating strategy and love relationships can you determine its validity.

Please be aware that there are limitations to the empirical findings that this manual is based on, especially those that result from social and gender studies. They may tell us a lot about randomly selected groups of men and women that is true, such as “on average men are taller than women”, or “women are more emotional than men”, but little about individuals. While based on the findings of modern scientific research from the West and enduring wisdom traditions from the East, the content of this manual can only serve as a „generalizing orientation” that needs your careful verification on an individual level, such as “am I really taller than her”. It is by no means intended to label, discriminate against, or take advantage of women.

### **A recommendation:**

It is recommended not to discuss the ideas from this manual with a woman that you date or are in a partnership with, no matter how excited you might feel about them. Rather, surprise her with your presence, confidence, curiosity, skills, understanding, empathy, and integrity. When it comes to dating and love relationships, women want to know who you are by experiencing your genuine and authentic self, so that she can learn to trust you. If you share your book knowledge and abstract concepts about partnerships with her, you will ALWAYS get the same reaction: “You have all these ideas and concepts in your head, but I don’t feel them coming from your heart - I don’t get to know the real you, who I want to trust and connect with”. In other words, “I don’t feel any intimacy/connection/attraction/chemistry with you”.

She is saying, “don’t explain the map to me - just drive me to the ocean”.

<sup>1</sup> Why Marriage Matters, Second Edition: Twenty-Six Conclusions from the Social Sciences, Institute of American Values (<http://www.americanvalues.org/>), and Patricia Love/Steven Stosny “How To Improve Your Marriage Without Talking About It” Introduction page 3.

<sup>2</sup> See John Gray, “Why Mars and Venus Collide” page 230: “Divorced woman are often happier, because they have finally taken responsibility for their own happiness.”

<sup>3</sup> The French *Encyclopédie* was the first attempt as a systematic analysis of the "order and interrelations of human knowledge" in the late 18<sup>th</sup> century. Diderot called it the attempt to collect all the knowledge that now lies scattered over the face of the earth, to make known its general structure to the men among we live, and to transmit it to those who will come after us. To make men not only wiser, but also "more virtuous and more happy." Wilber has taken it a significant step further, by not only collecting all the knowledge and wisdom available today from the east and west, but also to put it into a cohesive map, framework or model.

<sup>4</sup> If you are inspired by this manual, you may want to read some of Ken Wilber’s books, starting with “The Integral Vision: A Very Short Introduction to the Revolutionary Integral Approach to Life, God, the Universe, and Everything“, “A Brief History of Everything“, “Integral Spirituality” (which can be challenging at times), or Lew Howard’s excellent book “Introducing Ken Wilber”.

From there, you may select any of Ken’s other 20+ books that are currently in print or one of the multitude of sources that he references to in his work.

<sup>5</sup> Abraham Masslow saw and formulated a “hierarchy of needs” for every human being. Simply put it states that we want to live (survive), love (feel well in our relationships), learn (grow), and leave a legacy (make a difference in the world that we will be remembered for) and that these needs unfold in that hierarchical order. He called this process self-actualization. Eckhart Tolle subtitled his book “A New Earth” with “Awakening to your Life’s Purpose”.

<sup>6</sup> See Irvin Singer “Philosophy of Love” page xvii: “I realized that understanding love or its related conditions required an investigation into problems about meaningfulness in life as a whole and the human creation of values in general.”

<sup>7</sup> These statements are in no way intended to discriminate against gays and lesbians. Their world is just not familiar to the author. Most principles that are outlined in this manual may apply to their relationships as well.

<sup>8</sup> <http://www.census.gov/population/www/socdemo/hh-fam/cps2006.html>, Helen Fisher, “Why We Love” page 217

<sup>9</sup> [http://www.census.gov/Press-Release/www/releases/archives/families\\_households/009842.html](http://www.census.gov/Press-Release/www/releases/archives/families_households/009842.html) and “The Unexpected Legacy of Divorce – a 25 Year Landmark Study” by Judith Wallerstein et al., about children and divorce and how we can improve our marriages.

<sup>10</sup> Helen Fisher, “Why We Love” page 217 and

<http://www.datingsitesreviews.com/staticpages/index.php?page=Online-Dating-Industry-Facts-Statistics>

<sup>11</sup> See <http://center.americanvalues.org/?cat=3>

<sup>12</sup> See <http://www.divorcerate.org/> for a closer look at age distribution of divorced men and women as well as statistics for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> marriages. Also see <http://www.divorcereform.org/nyt05.html> for an explanation for the variations in the statistics.

<sup>13</sup> [http://www.americanvalues.org/pdfs/IAV\\_Marriage\\_Charts.pdf](http://www.americanvalues.org/pdfs/IAV_Marriage_Charts.pdf)

<sup>14</sup> See Gregory K. Popcak “The Exceptional 7 Percent”, <http://www.divorcemag.com/statistics/statsUS.shtml> for marriage and divorce statistics, and “What’s love got to do with it? Equality, equity, commitment, and women’s marital quality” study by Steven L Nock and W. Bradford Wilcox, University of Virginia.

<sup>15</sup> See “The Big City; A New Look At Realities Of Divorce” NY Times By JOHN TIERNEY, published July 11, 2000, and “These Boots Are Made for Walking: Why Most Divorce Filers Are Women”, by Margaret Brinig, Notre Dame Law School, and Douglas Allen, Simon Fraser University.

<sup>16</sup> See Patricia Love, Steven Stosny “How To Improve Your Marriage Without Talking About It” page 46 “The devastating effects of divorce on men present a strong argument for the fact that his partner provides the meaning of his life”. And Laurie A. Rudman and Peter Glick “The Social Psychology of Gender” page 223 – 225 “thoughts of ending the relationship are especially physically taxing and aversive for men”.

<sup>17</sup> Warren Farrell, “Why Men Are the Way They Are”, page 105 - based on studies by Donald Symons, author of “The Evolution of Human Sexuality”.

<sup>18</sup> Age Distribution by Sex, 2000

|                  | Male        |         | Female      |         |
|------------------|-------------|---------|-------------|---------|
|                  | Number      | Percent | Number      | Percent |
| Total Population | 138,053,563 | 49.06%  | 143,368,343 | 50.94%  |
| 0-4              | 9,810,733   | 3.49%   | 9,365,065   | 3.33%   |
| 5-9              | 10,523,277  | 3.74%   | 10,026,228  | 3.56%   |
| 10-14            | 10,520,197  | 3.74%   | 10,007,875  | 3.56%   |
| 15-19            | 10,391,004  | 3.69%   | 9,828,886   | 3.49%   |
| 20-24            | 9,687,814   | 3.44%   | 9,276,187   | 3.30%   |

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|       |            |       |            |       |
|-------|------------|-------|------------|-------|
| 25-29 | 9,798,760  | 3.48% | 9,582,576  | 3.41% |
| 30-34 | 10,321,769 | 3.67% | 10,188,619 | 3.62% |
| 35-39 | 11,318,696 | 4.02% | 11,387,968 | 4.05% |
| 40-44 | 11,129,102 | 3.95% | 11,312,761 | 4.02% |
| 45-49 | 9,889,506  | 3.51% | 10,202,898 | 3.63% |
| 50-54 | 8,607,724  | 3.06% | 8,977,824  | 3.19% |
| 55-59 | 6,508,729  | 2.31% | 6,960,508  | 2.47% |
| 60-64 | 5,136,627  | 1.83% | 5,668,820  | 2.01% |
| 65-69 | 4,400,362  | 1.56% | 5,133,183  | 1.82% |
| 70-74 | 3,902,912  | 1.39% | 4,954,529  | 1.76% |
| 75-79 | 3,044,456  | 1.08% | 4,371,357  | 1.55% |
| 80-84 | 1,834,897  | 0.65% | 3,110,470  | 1.11% |
| 85+   | 1,226,998  | 0.44% | 3,012,589  | 1.07% |

<sup>19</sup> See <http://www.parapublishing.com/sites/para/resources/statistics.cfm> under self help books and Patricia Love and Steven Stosny “How To Improve Your Marriage Without Talking About It” page 49.

<sup>20</sup> See [www.hai.org](http://www.hai.org) for (wonderful) workshops about “Love, Intimacy, and Sexuality” and numerous other providers of Tantric Sex Workshops that typically have waiting lists for men who are then expected to pay women to gender balance the group.

<sup>21</sup> As one die-hard single female “Science Of Mind” Minister who facilitates “Undefended Love” groups put it; “men who come to these groups are not really interested in the work, they just want to pick up women.” Another reason is that women may feel manipulated, controlled, taken advantage of, or disconnected when a man mentions that he reads relationship books and applies their wisdom. Lastly she may feel uncomfortable to lose her “competitive edge” or “authority” as the relationship expert in a partnership if a man is equally or better skilled and informed about relationships than she is.