

- Upstream Couples Counseling: Do we dare talk about it?
- Pat Love, EdD, LMFT, www.patlove.com
- Maybe it begins here
- 1880 p=18 versus 1980 p=12.5 (puberty)
- Adolescence is longer than it used to be
- Puberty starts earlier
- Adulthood ends later
- Early puberty timing in males and females
- is associated with greater propensity for risk-taking behaviors, lower educational attainment
- 70% of teens
- Have sex before their 19th birthday.
- Talking about sex makes kids think about sex—*NOT!*
- Myths
- Kids aren't thinking about sex
- Talking about sex makes kids think about sex
- Talking about sex makes kids have sex
- Abstinence only programs work
- FACTS
- The more information kids have the longer they wait to have sex
- The more information kids have the safer sexual activity will be
- Talk about sex
- Early and often
- If you don't talk about sex, guess who will?
- Porn sites get more visitors each month
- Than Netflix
- Amazon
- And Twitter
- *Combined!*
- One study

- 90% of pornographic images contain physical or verbal violence
- What does porn sex ed teach?
- Sex is an act not a relationship
- Love is not a part of sex
- Sex is designed for male pleasure
- Only perfect bodies have sex
- Women love oral sex
- Female is the sex object
- Porn teach continued
- Women like the same type of sex as men
- It's all about orgasm
- Orgasm always happens
- Everyone is a sexual athletic
- Life is all about sex
- Relationships are all about sex
- Alliant University, San Diego
Sesen Negash...
- Pornography consumption
- Lower "support seeking" less likely to look for friendships and romantic relationships.
- People who believe that relationships take effort more likely to watch it.
- NIH STUDY
- Porn provides a powerful heuristic model
- Alters men's expectations and behaviors during sexual encounters.
- Concerns over his own sexual performance and body image,
- Negatively associated with enjoying sex with a partner.
- Sex ed
- Does *not* encourage kids to have sex
- Sex ed based on scare tactics—will not work
- What works:

- Frank discussions
- Start before puberty
- Practical as well as research-based information
- Must be a dialogue
- Values-focused
- Upstream Couples Counseling
- Be realistic about monogamy and models of relationships
- Honoring difference
- Bill Weir's Wonder List—Iceland
Is Iceland moving beyond marriage?
- May not be what you think...
- Sotsukon: Marriage Japanese style
- Graduating from traditional marriage
- "Is there any dream married life has prevented you from fulfilling? "
- "A chance to evolve the family."
- Not divorce
- LAT
- State of our unions
- More single adults than marrieds
- One in five ages 25 and older never married
- 53% of women over 18 single
- Value of marriage as a priority in question: 50% to 46%
- 4 out of 10 marriages, one person been married before
- Unprecedented non-sanguine comingling
- Option overload and choice fatigue
- "Personal fulfillment"
- Entitlement is on the rise
- Immediate gratification is the norm
- Unprecedented stimulation

- Upstream counseling challenge:
Three out of four 17-24 year olds
- Do not qualify for the military
 - Cannot pass the physical
 - Did not graduate high school
 - Cannot pass the reading and math test
 - Criminal record
 - Financial debts
- Millennial view of marriage
- 21% like the “presidential model” (marriage vows last 4 years then after 8 you can choose another partner, no penalty)
- 43% favor the “Beta” (as in beta test) model, evaluate after 2 years, (no divorce or paperwork required)
- 36% favor a “real estate” option with 5, 7, 10 or 30 year terms
- 31% favor the “death do us part” model
- Millennial views may partially explain cohabitation
- Vast majority of couples live together before marriage
- Upstream couples counseling recognizes the motivation for cohabitation is important
- Upstream couples counseling recognizes the difference between sliding and deciding
- Upstream counseling:
finding a cure for Affluenza
- A virus-like condition that spreads through affluent countries
- *Individuals define themselves by how much money they make*
 - *How attractive they are**
 - *How famous they are*
 - *How much they own*
- BTW
- Attractiveness
- Fame
- Money

Related to date value

But not mate value

- Affluenza
- A harmful, unbalanced, dysfunctional relationship with money or its pursuit
- Based upon:
 - Assumption that money buys happiness
 - Accompanied by a sense of entitlement
 - An inability to delay gratification
- State of our unions sobering fact:
- Nearly 25% of Americans have less than \$250 in their bank account on any given payday.
- 20% of those who earn \$200,000 a year say they save rarely or not at all and
- 25% of those of those with graduate degrees said they couldn't miss a month's salary without having to borrow money or sell assets.
- Take a deep breath...
US Bureau of the Census and Social Security Agency
- -38 percent of all American workers made less than \$20,000 last year.
- **-51 percent of all American workers made less than \$30,000 last year.**
- -62 percent of all American workers made less than \$40,000 last year.
- -71 percent of all American workers made less than \$50,000 last year.
- The federal poverty level for a family of five is \$28,410, and yet almost 40 percent of all American workers do not even bring in \$20,000 a year.
- *Forbes* reports
- 56 percent of Americans have less than \$1,000 in their checking and savings accounts combined
- Nearly a quarter (24.8 percent) have less than \$100 to their name.
- Another deep breath...
- 25% of Americans have a negative net-worth.
- "If you've no debts and have \$10 in your pocket you have more wealth than 25% of Americans."
- Another deep breath
- It has been estimated that it takes approximately \$50,000 a year to support a middle class lifestyle for a family of four in the U.S. today,

- **71 percent of all workers make less than that amount**

- Most people in the US
- Can't cover a \$500 crisis
 - Car breakdown
 - Trip to the hospital
 - Heater/AC replacement

Let alone

son's senior trip

braces

- Sobering fact
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- Typical lifestyle portrayed on television
- Would require approximately \$300,000 annual income
- 7 out of 10 (all age) couples state
- They are under financial stress
- Robocalypse
- 27% of never-married say: not financially prepared for marriage
- Widgets not w-2's
- 47% of US jobs could be automated in 20 years.
 - Waiters
 - Kitchen staff
 - Cashiers
 - Loan officers
 - Taxi drivers

- Pilots
- Retail sales people
- Accountants
- Real estate agents
- Soldiers
- WSJ-Jonathan Clements
- The larger the difference in a couples credit scores the more likely they were to break up.
- Before cohabitating, marrying:
 - Disclose all (landlords, banks will want to know this)
 - Be honest/learn about one another's financial habits
 - 77% of under 35 have debt, but for what?
 - Big danger is credit card debt
 - Fed survey: under 35, 39% owned stocks, 39% retirement, 36% owned home, median net worth \$10,400
 - Check out parents attitudes towards money
 - WSJ
- Think \$440,000 is living on easy street?
- It's enough to make a family of 4 feel like they are facing financial ruin
- Here's how this family might just be breaking even:
 - Mortgage payments on their \$1.2 million dollar home, bills, insurance and groceries is \$190,000
 - \$25,000 for two nice vacations per year
 - \$60,000 car every four years
 - \$22,000 on dining, entertainment and club memberships
 - Gifts, holidays, fundraisers brings total to \$283,000 which is total income after taxes
- **Some good news:**
There is an 80 million person force moving through and influencing the culture?
 - Most educated
 - Learn faster
 - More willing to take a risk

- “The hopeful generation”
- Good news and solutions

Millennials aren’t afraid of challenges

- Innovative
- Solve the world’s problems
- Use technology to do it
- “Right-size our lives”
- Upstream counseling
- Look for power—not just pathology
- ACE study
- 62.1 % have 0 or 1 as a score
- 78% have two or less
- When you ask about post-traumatic stress...
- Do you also ask about post-traumatic strength
- 50-60% of people are exposed to trauma
- Only 5-10% develop PTS
- 40-60% exposed to trauma ***recovery on their own!***
- Upstream couples counseling challenge
- Empathy scores are down
- Entitlement scores are up
- Ideas
- We are hard-wired for connection
- We are also hard-wired for protection
- We are hard-wired for sex—in a myriad different ways
- Conscious relationships include knowing yourself, knowing your partner and knowing what makes relationships work
- The best upstream couples counseling is to promote compassionate living—finding ways of using your particular talent for a noble cause.