

知行易徑

# SSLD Learning Modules

A. Ka Tat Tsang, Ph.D.

University of Toronto

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SSLD – Strategies and Skills Learning and Development

# Beyond the Dating Game

Developing Erotic Relationship and Intimacy

# Program Overview

1. Understanding the purpose and expectation: Ranging from pick up for casual sex to developing a longer term serious relationship
2. Baseline performance (Simulation Role Play): Assessing strengths and learning needs
3. Review and feedback by group members
4. Simulation Role Play applying newly learned principles
5. Review and refinement
6. Practice, practice, practice
7. Report, review, and venture forth

# Composite skills

- A. Setting and design
- B. Pick up, meeting a stranger
- C. Engagement
- D. Relationship building: Developing your own script
- E. Intimacy Skills

# A. Setting and Design

- Where you will meet the right kind of person – physical and virtual space
- The best place brings out your best
  - When/where you are at your best?
  - Will the other party enjoy it?
- Optimum planning
  - Balance between spontaneity and control
  - Cost-effectiveness

*Self Efficacy is always  
a key idea in SSLD*

## B. Pick Up, Initial Contact

Approaching a stranger – What are the desired responses?

- Pick up lines
- Strategic self-presentation
- Motivational elements
- Negotiating next step

*Don't try to  
be someone  
you're not*

# C. Engagement

- Listening
  - Facts
  - Needs, wants
  - Attitude, beliefs, values
- Opening and maintaining narrative space
  - Showing interest
  - Free information
- Self-disclosure
  - What you want the other party to know
  - Grace and style
- Building common ground and emotional bond
  - What is common? Facts, needs, feelings, values
  - Building the WE sense (people like us, you and me)

Your game  
Your rules !!!

## D. Relationship Building: Developing Your Own Script

- The socially scripted life: Yes or no? Your game, your rules!
- From object to subject: Enhancing growth and development, bringing out your partner's best
- It has to be rewarding for your partner: From social exchange theory to matching of neurotic needs
- Emotional intelligence and emotional intelligence: Effective reception and collection of emotional information
- Inter-subjectivity: Developing the *Mitwelt* (shared world)



## E. Developing Intimacy

- In the Beginning, there was the Word ... Communication and constructing the erotic universe
- Sein und Zeit: Sharing the present, past, and future
  - Here and now – between spontaneity and mindfulness
  - Childhood and family of origin, the making of the present you
  - Project into the future: Shared hope and aspirations
- Inter-subjectivity in action: Let's start by having fun
  - Strategies of pleasure: What you enjoy doing together
  - Things that kill the fun: Neurotic obsessions, control, unresolved issues, self-defeating patterns, value conflicts, incompatible imaginations
  - The magic of creativity and surprise

## E. Developing Intimacy

- Caring: We always know?
  - Caring for partners and what they care about
  - Signifying acts
  - Self care
  
- Sexing it up
  - Negotiating sexual intimacy: Readiness and consent
  - Respect and space
  - Pleasure, knowledge, connection
  - *no lo hare sin preservativos*: Play it safe

# Cautionary Notes

## *Nothing works for everyone ...*

- SSLD recognizes individual uniqueness, and is based on multiple contingencies thinking, not standardization
- On the spot performance and contingency-based response
- Finding the right match, not just about pleasing and achieving
  - People can be shy, withdrawn, dominant, submissive, controlling, potentially abusive or dangerous, passive aggressive
  - The dynamics of matching need profiles: self-image, attachment patterns, current needs and vulnerability
- Self-efficacy through mastery of strategies and skills
  - Courage to be our own true self
  - Awful mate-choice associated with self-image issues
  - Protective function of good interpersonal skills – not desperate or compelled: Empowerment, autonomy and freedom

SSLD Website: <http://ssld.kttsang.com>

Email: [k.tsang@utoronto.ca](mailto:k.tsang@utoronto.ca)

Watch out for the new book !!!

Tsang, A.K.T. (forthcoming). Social Skills Training and Beyond: Learning to Change Lives through SSLD.