



*What Keeps You Safe on
the Streets Can Kill Your
Relationships*



29 Years

The Limbic System

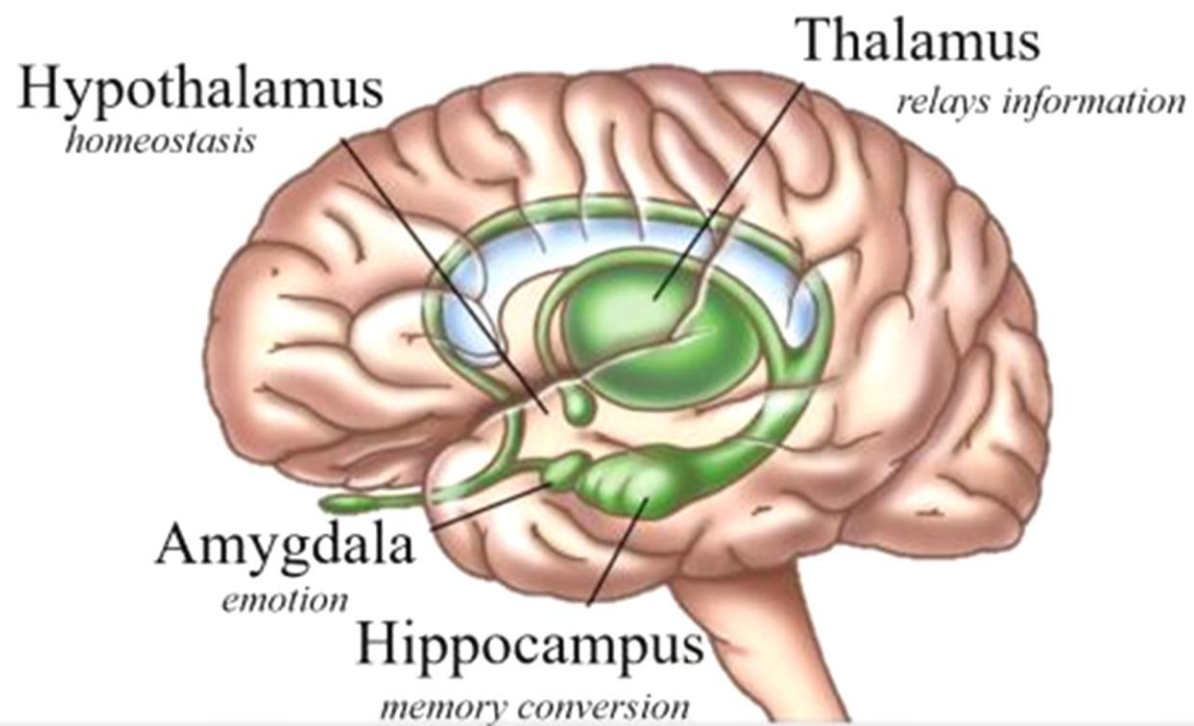


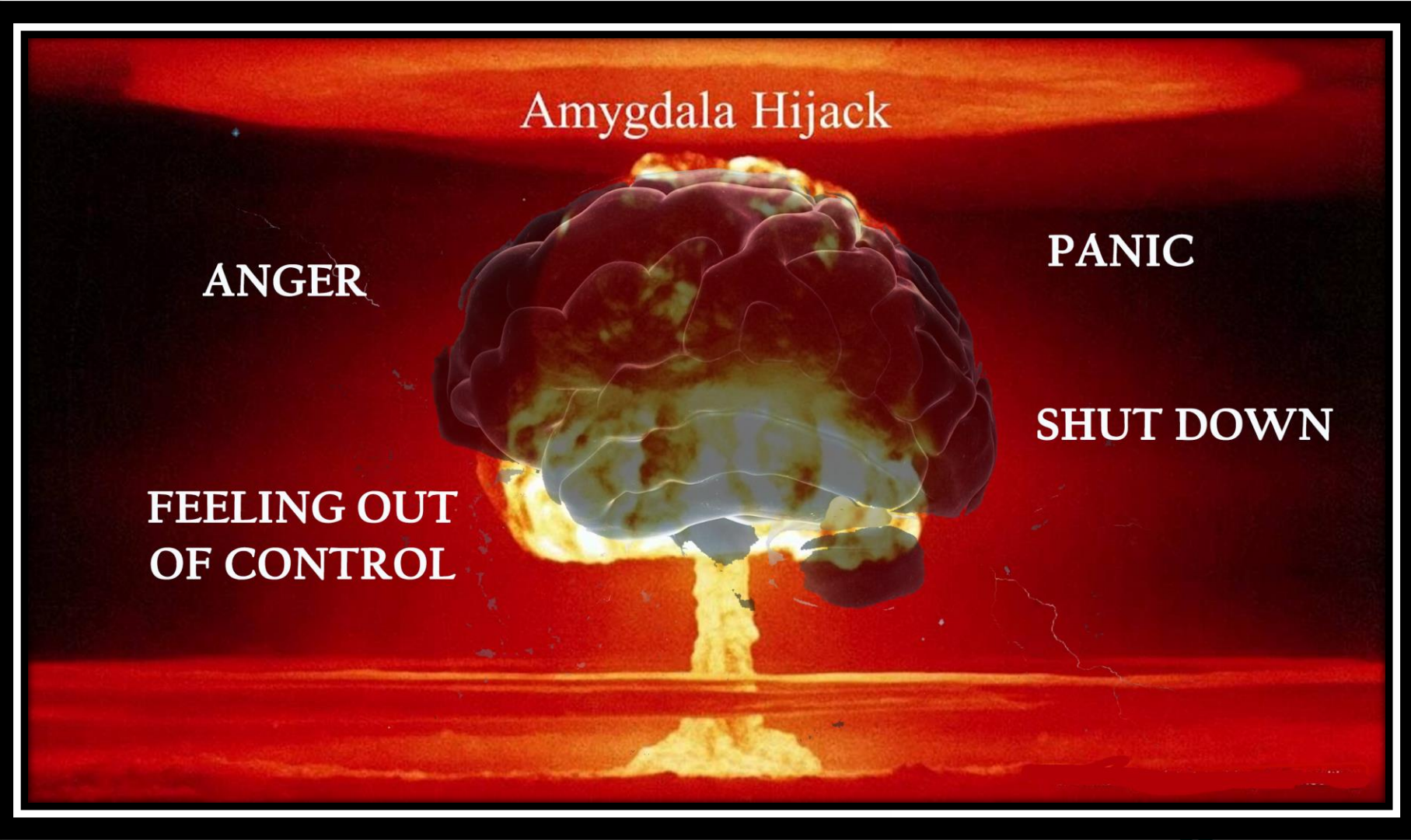




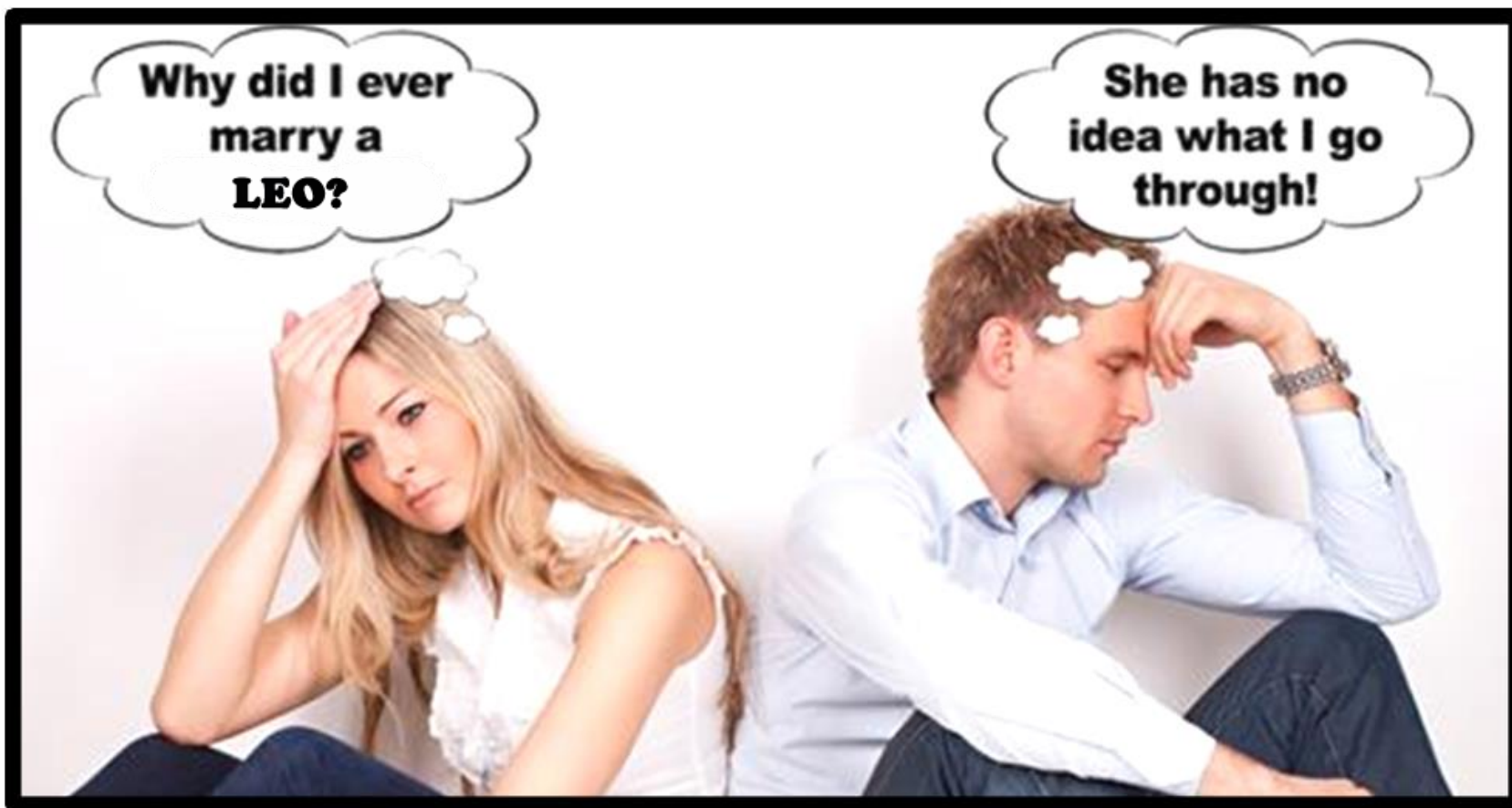
Image by wayhomestudio on Freepik



Your amygdala keeps you safe,



not happy!



Things That Keep You Safe on the Streets



- ➡ Coping Mechanisms
- ➡ Controlling your Environment
- ➡ Interrogation Skills
- ➡ Negative Disposition



Common Coping Mechanisms:

- ➡ **Compartmentalization**
- ➡ **Depersonalization**
- ➡ **Denial**

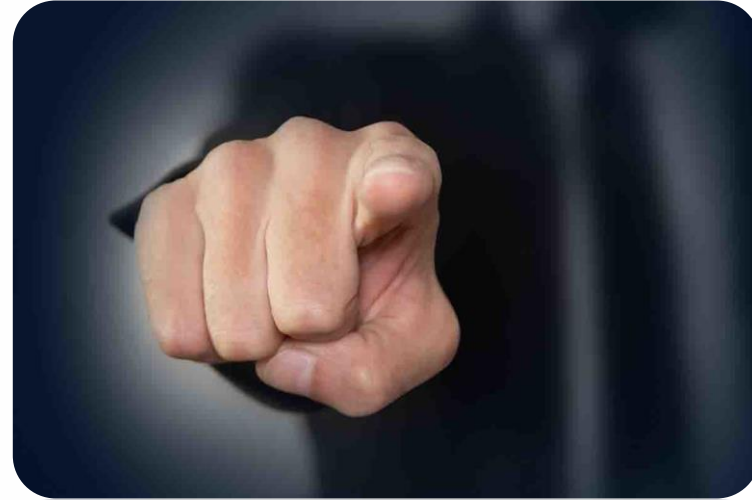


Controlling the Environment/Outcomes

- ➡ **Authoritarian Presence**
- ➡ **Decision Making**



Authoritarian Presence



**Bringing that no-nonsense
command presence home with
you.**



Decision Making

- ➡ Decision making is quick & strong.
- ➡ It's a dictatorship, not a democracy.



dictatorship

Dictatorship



**Makes spouse
and kids feel
controlled, not
trusted,
insignificant.**



An American flag is positioned on the left side of the slide, with its stars and stripes visible. Below the flag, there is a blue silhouette of a Minuteman, a figure from the American Revolutionary War, holding a rifle. The background of the slide is a faded image of a man in a blue shirt sitting at a table, looking towards the right, and a police officer in uniform standing behind him.

Interrogation Skills

Analyzing your family's words for logical inconsistencies, bringing your interrogation skills to disputes and disagreements with your partner, and confronting family, friends and neighbors over any indication of bull you sense in their words or actions.

Interrogation Skills

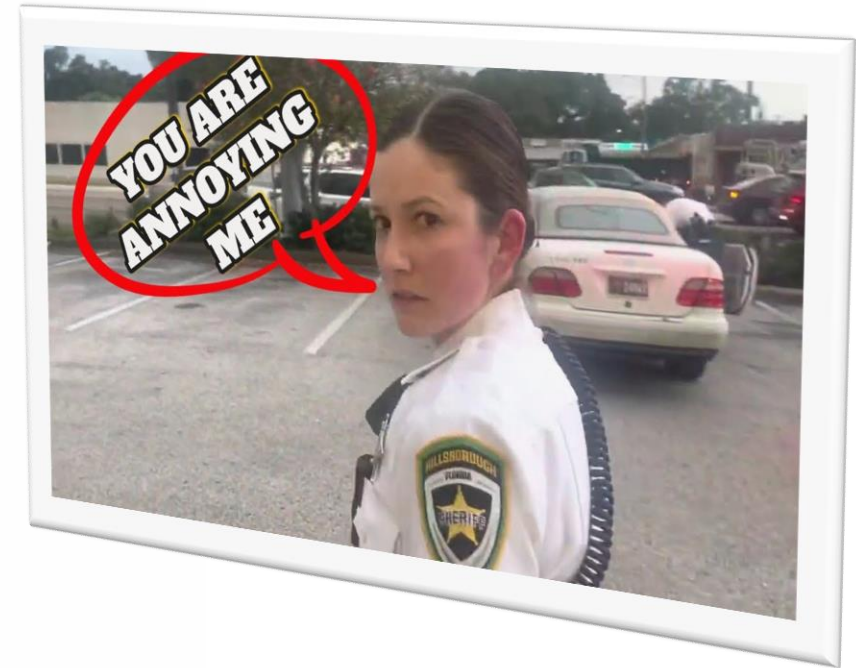
Analyzing your family's words for logical inconsistencies, bringing your interrogation skills to disputes...



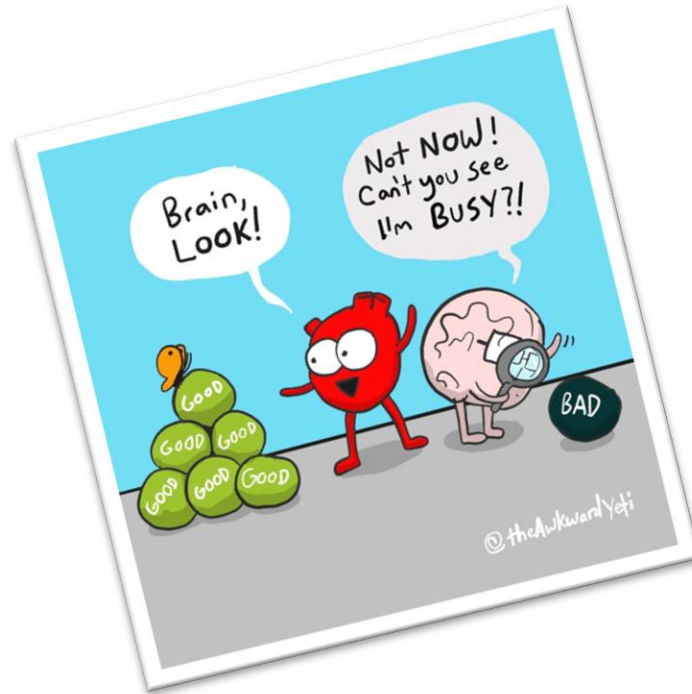
Makes your family feel like they can't do or say anything right. They are walking on egg shells. It makes them want to avoid you. Your children may avoid bringing their friends home.

The Negative Disposition

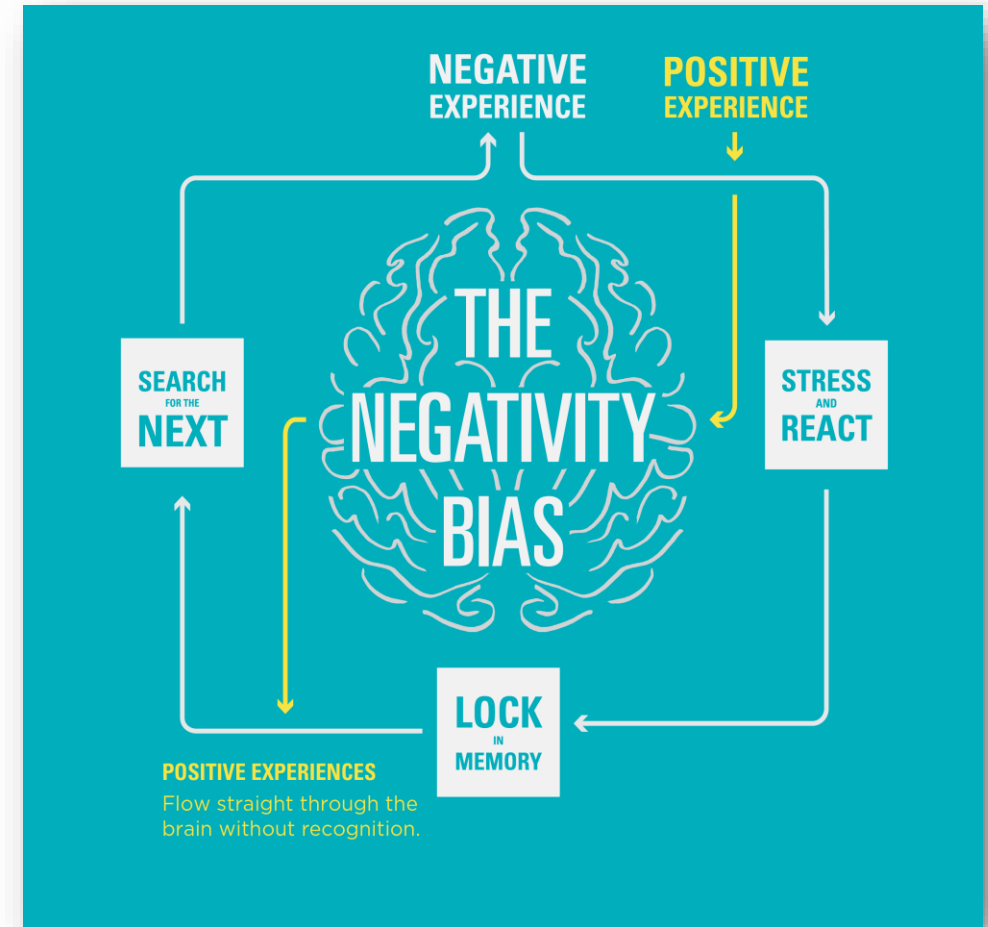
- ➡ **Negativity Bias**
- ➡ **Skepticism**
- ➡ **Cynicism**
- ➡ **Hypervigilance**



Negativity Bias



Prioritizing negative information can serve valuable purposes – it can help us survive in dangerous situations.



Negativity Bias

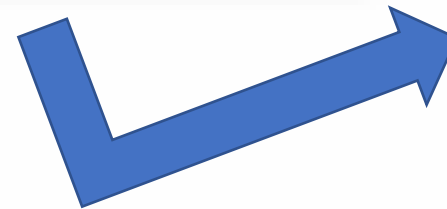
Whatever
you get
from being
negative,
I hope
it's enough.
Because it's
costing you
plenty.

—MICHAEL HYATT

Negativity Bias



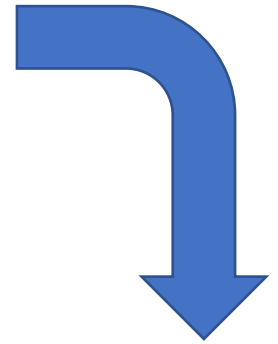
- ☛ Undervalued
- ☛ Unappreciated
- ☛ Decreases confidence
- ☛ Decreases initiative
- ☛ Decreases creativity
- ☛ Hinders their desire to share
- ☛ Makes it difficult for partners to empathize



Skepticism & Cynicism



Hypervigilance &



**Adrenaline
Dump**





"Being married to a cop is so easy,"
said no police wife ever.



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How can the Challenges be Ameliorated?

1. Don't lose sight of the physiological changes.
2. Self-Care
3. Exercise
4. Gratefulness
5. Invest in other roles and relationships outside of law enforcement

The Love Tank





The Love Tank

Emptying it Out

Forgetting a birthday or anniversary
Over drafting your bank account
Not picking up after yourself
Saying no to sexual advances
Sick kids
Financial issues
Smoking or drinking when your spouse
hates it or disagrees
Lying
Gambling
Having affair(s)
Doing drugs
Pornography
Yelling or screaming at your spouse
Physical abuse

Filling it Up

Fixing a favorite meal
Taking care of the kids' bedtime routine
Getting groceries
Allowing for "me" time
Sending an "I love you" text
Buying and wearing new lingerie
Watching a football game
Going to the races
Helping the kids with their homework
Cleaning the house
Hugs
Backrubs
Being appreciative and grateful
Sending flowers
Faithfulness



CRITICISM

Verbally attacking personality or character.



GENTLE START UP

Talk about your feelings using "I" statements and express a positive need.

CONTEMPT

Attacking sense of self with an intent to insult or abuse.



BUILD CULTURE OF APPRECIATION

Remind yourself of your partner's positive qualities and find gratitude for positive actions.

DEFENSIVENESS

Victimizing yourself to ward off a perceived attack and reverse the blame.



TAKE RESPONSIBILITY

Accept your partner's perspective and offer an apology for any wrongdoing.

STONEWALLING

Withdrawing to avoid conflict and convey disapproval, distance, and separation.



PHYSIOLOGICAL SELF-SOOTHING

Take a break and spend that time doing something soothing and distracting.

15 Hours
5:1
6 Second Kiss
Time for Regular Conversation



5 Love Languages

Physical Touch

Words of Affirmation

Gifts/Tokens

Acts of Service

Quality Time Together





- Put away devices and distractions.
- Stop, Look, & Listen. Be present in the moment.
- Don't interrupt.
- Don't be too distant and practical all the time.
- Don't try to fix it. (VIDEO) [Video on computer](#)
- Ask open-ended questions.
- Voice back the emotion you hear.



- 
- A background image for the text area showing a pair of red boxing gloves and a grey container, possibly a water bottle or a container for gloves, with the word "FIGHT" visible on the container.
- **Soft answers**
 - **Good timing (not hungry, tired, or after bad shift)**
 - **Don't personalize.**
 - **Instead of walking away permanently, set a time to re-discuss.**

[VIDEO](#) [Video On Computer](#)



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& Handouts

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