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Barbara Röser / Udo Röser

## **The Wounded Inner Child and Love**

How to Achieve Deep Closeness in Couple Relationships

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- How couples can grow through crises
- Trendy topic of the inner child
- With many tips and exercises

The first experiences that we have in childhood with our parents help to determine whether and how our own relationships succeed. If we lacked support, appreciation and love as a child, these emotional wounds will probably also interfere in our couple relationships. Within this context, the authors speak about the narcissistic wounds that become apparent in relationship crises when conflict scenarios repeat and are dominated by feelings such as pain, anger or shame. The authors, who are also a couple in private life, show how people can leave the negative spiral of inadequate self-love, shame and insecurity to find true communication and deeper closeness.

### **About the author**

Udo Röser is a couple and sex therapist, teaching therapist for couple therapy and couple synthesis, as well as for Gestalt Therapy. He also heads a specialised clinic for addiction therapy. He lives with his family in Wiesbaden.

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