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## Research Paper

# The Effectiveness of Image Relationship Therapy on Cohesion - Family Flexibility and Happiness of Couples with Emotional Divorce



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### ABSTRACT

**Objective** The aim of this study was the effectiveness of Image Relationship Therapy on family cohesion and flexibility and happiness of couples with emotional divorce.

**Methods** The method of the present study is Semi-experimental before and after the experiment with a control group. The statistical population includes all couples in Qom who had an emotional divorce. Using the purposive sampling method, 100 couples were selected and an emotional divorce questionnaire was administered to them. A total of 30 couples were selected to participate in this study and were randomly assigned to two experimental groups (15 couples) and a control group (15 couples). Data collection tools include the Guttman Emotional Divorce Scale, the Olson Family Cohesion Questionnaire, and the Tagrian Couple Happiness Questionnaire. Hendrix Image Relationship training package was performed on the experimental group in 10 sessions of 90 minutes per week. The obtained data were calculated by analysis of covariance with SPSS -22 software and then analyzed by the researcher.

**Results** The results showed that there was a significant difference between the control and experimental groups ( $P \leq 0.05$ ); in other words, Communication Imaging Training increased Cohesion - Family Flexibility and Happiness of couples with emotional divorce.

**Conclusion** As a result, communication imaging training can be used as an intervention to increase the flexibility and happiness of couples seeking divorce.

## 1. Introduction

One of the most common problems in today's families that has been considered by couples therapists is emotional divorce, which indicates a declining marital relationship, but the official divorce statistics do not fully show the level of failure of spouses in married life, because along with those statistics The bigger one is dedicated to emotional divorce which is not registered anywhere and there

are no exact statistics about it (Salmani, Rasouli, Eskandari, Sane and Jafarnejad, 2020). Buhannan considers emotional divorce as the first step in the divorce process and indicates a declining marital relationship that is replaced by feelings of alienation, and although couples may continue to be together as a social group, their attraction and trust in each other are lost. gone. The phenomenon of emotional divorce is multifactorial in that one factor alone can never cause it to occur.

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In this situation, instead of supporting each other, couples act to harass, fail and degrade each other's self-esteem, and each seeks to find a reason to prove each other's shortcomings and rejection. Emotional divorce is experienced as a disgusting choice between surrender and self-hatred and self-domination, and the couple suffers because of feelings, sadness and other frustrations (Olson, 2011; Rameanifar, Keldi and Ghadimi, 2021) and They put the family on the path of conflict and collapse.

Cohesion is the amount of emotional bond that exists between family members and includes the emotional quality of family relationships such as support, kindness, and helpfulness. Family flexibility determines the degree of change in leadership in the family and includes specific concepts such as order control, calm negotiation, relationships, roles, and rules of communication. Balanced couples and structured and flexible family systems tend to perform best over time and move the relationship structure toward somewhat democratic leadership and negotiation (Olson and Defrin, 2006). A multidisciplinary model for evaluating the performance of the Olson family, the main hypothesis of which is that balanced family systems function better than unbalanced family systems. This model is based on systems theory and describes the family system based on three main dimensions (solidarity and cohesion, flexibility and communication) (Hojjat Shamami and ZARBAKHSH Bahri, 2016). Balanced degrees of cohesion (separate and continuous) are used in desirable families. Extremes or unbalanced degrees (disjointed and intertwined) are generally problematic in the long run. In a balanced model of cohesion (separate and continuous), individuals can control these two degrees, they can also be dependent on or independent of their families (Peg and Zubi, 2014). Also, according to Olson's torque model, very high levels of flexibility (turbulent) and very low degrees of flexibility (dry) are problematic for individuals and the development of relationships in the long run. On the other hand, relationships that have moderate degrees (structured and flexible) can balance change and strength in a more useful and efficient way (Niaz Azari, 2006).

One of the issues that affect the flexibility and psychological well-being of couples is marital happiness. The component of marital happiness has entered the field of couple therapy and systemic

therapies from the field of positive psychology and is closely related to concepts such as marital interaction, marital problems, desire for divorce, income, spouse selection and friendship and family networks (Issa Nejad, Ahmadi, Bahrami, Baghban and Shojaheidari, 2011). Johnson, Aberley, Duke, & Sartin (2003) consider five dimensions to marital happiness that include marital solidarity, marital agreement, sexual satisfaction, marital satisfaction, and overall marital happiness. The issue of happiness determinants and how to perceive and recognize them has already been discussed and there are different views on this. Reiss (2000) states that in cognitive theories, it is believed that culturally happy people experience more pleasant events and, in addition, consider neutral events as positive and positive events as more positive. Happy people can increase their mental wellbeing and feelings of happiness by controlling their thoughts (Rasouli, 2015, 2007). The results of Golpatrick (2008) showed that the type of couples' interactions in the living environment is directly related to feelings of misery or happiness. Couples who experience deep, logical, friendly and intimate emotional relationships, successful people, with high self-confidence, They are positive, happy and feeling happy. The presence of positive emotions and the use of constructive methods of conflict resolution reduce marital boredom and increase marital adaptation in couples (Fotahi, Mikaeili, Atadokht & Hajlu, 2018).

One of the best ways to cultivate a harmonious marital relationship is to prepare couples for communication skills training that will help them resolve their future marital conflicts (Murat and Fikret, 2007). Various new approaches in the field of communication skills training have been developed to improve and enrich marital relationships, all of which aim to improve couples' relationships (Rostami, Abolghasemi, and Narimani, 2013). One of these approaches is the communication illustration approach; The theory and method of therapy are about marriage, marriage and the process of formation of marital conflicts and to heal the wounds that people have seen in childhood from their primary caregivers in the process of socialization (Hendrix, 2007). Image Relationship Therapy techniques indicate that the course of human life is continuous and that adulthood may be strongly influenced by childhood development (Weigel, 2006). The results of Laver (2005) showed that marriage can not flourish without the necessary skills, lack of life skills is one of the main causes of

marital and communication skills training (Image Relationship Therapy) reduces marital problems and intimacy. And the satisfaction of love is between them. Family therapists usually examine people's problems in the environment, especially in the family environment, they focus more on interpersonal processes than on the mental problems of the family members who treat them (Barker, 2007). Also, Taei, Nasbi and Attari (2013), in a study entitled "Study of the effectiveness of group imago therapy (therapeutic communication)" on the loving attitude of couples referred to the counseling center, concluded that image therapy in its structure to incomplete and denied aspects of personality It pays people and recreates people's imaginary image by presenting a real image of love. Image Relationship Therapy is a process in which couples are taught awareness and information and, more importantly, awareness of the subconscious aspects of their relationship and, instead of trying to resolve their conflicts superficially, examine their roots. (Hendrix et al., 2015). This view believes that the developmental stages of childhood, especially the initial relationship between a person and parents, affect marital relationships. Choosing a spouse in a marital relationship is not just a conscious process, but an important part of it is unconscious and results in the need to complete the unfinished stages of childhood and heal emotional wounds. In this way, spouses can learn skills to heal childhood wounds and develop healthy behaviors by understanding the unconscious processes in themselves and their spouses, and gain the love and intimacy they need by turning marriage and the unconscious relationship into conscious marriage (Bagheri, Sepahmansour, Hasani and Emamipour, 2019). Methods such as teaching communication approach (Schmidt and Gelhert, 2017), lovemaking styles and marital boredom (Bayat, 2007), lovemaking attitude (Taei, Nisi and Attari, 2012), reducing stress through mindfulness (Akbari, Alipour, Zare and Sheikhi, 2014), have been effective in marital happiness. Based on the results of numerous studies, Image Relationship Therapy has its impact in various fields, including marital satisfaction, communication and conflict resolution (Weigel, 2006; Asadi, Ghasemzadeh, Nazarifar and Sarvandani, 2020), dual adjustment (Beaton, 2005), emotional, intellectual, sexual intimacy and The physicality of couples (Etemadi, Navabi Nejad, Ahmadi and Farzad, 2006; Sadrjahani, 2010). The results of Zinhari (2014) showed that Image Relationship Therapy has been able to reduce the marital conflicts of women in

general. Mousavi amirabad (2019) Showed that Image Relationship Therapy has an effect on increasing the constructive communication pattern and decreasing mutual avoidance communication patterns, expectation-withdrawal relationship and marital burnout of couples and this effect continued until follow-up.

According to the researches and the importance of this approach in raising the level of cohesion and happiness of couples can be very effective and by raising the awareness and communication skills of couples and retraining, practicing and applying this skill in married life can create an Achieve purposeful and effective communication and end many communication problems and inconsistencies. Considering the increasing problems of couples in communicating with each other and mutual understanding and that the increasing demand of couples for teaching communication skills and how to deal with these incompatibilities is increasing and that society is facing the problem of incompatibility of couples and divorce. It can be justified that according to the needs of the community, the results of this research can be of great help to family counselors; Therefore, in this study, the researcher has determined the effectiveness of Image Relationship Therapy on family cohesion-flexibility and happiness of couples with emotional divorce.

## 2. Materials and Methods

The research method is Semi-experimental with a pretest-posttest design with a control group. The statistical population includes all couples in Qom who had an emotional divorce. Using the purposive sampling method, 100 couples were selected and an emotional divorce questionnaire was administered to them. And volunteered to participate in this study, 30 couples were selected and randomly divided into two experimental groups (15 couples) and a control group (15 couples).

**1- Emotional Divorce Scale (EDS):** The Emotional Divorce Scale, compiled by Guttman (1994), was first translated and used in Iran by Jazayeri (2008). This scale includes sentences about different aspects of life that one may agree with or disagree with that have 24 questions and should be answered in a yes or no way. The answer is yes and the answer is 0. After adding the expressions together, the minimum and maximum scores of the individual on the whole scale are 0 and 24, respectively; Thus, in a score between 0 and 8, the probability of separation in life is low.

At a score between 8 and 16, the probability of separation is moderate and at a score above 16, the probability of separation is high; Thus, high scores on this scale indicate that emotional divorce is more likely (Guttman, 1994). In Mami and Asgari's research in 2014, Cronbach's alpha for the reliability of the questionnaire was reported to be 0.83.

**2- Family Cohesion Questionnaire:** This questionnaire has been prepared by Samani (2002) based on the combination model of Olson (1998). This test has 28 items and for each item, a score of one for strongly agree to five for strongly disagree is given. The maximum score that can be obtained in this test is 140 and the minimum score is 28. Samani reported a Cronbach's alpha coefficient of 0.90 and a reliability coefficient for the whole scale of 0.79. In another study conducted by Zare and Samani, the internal correlation coefficient of the scale was 0.89 and the Cronbach's alpha coefficient was 0.79 and the reliability coefficient by the retest method was 0.80.

**3- Couples Happiness Questionnaire:** Couples Happiness Questionnaire was developed using the dimensions of the Fordyce Happiness Questionnaire (1988) by Tagrian (2008) and has 48 questions. The questions of this questionnaire are scored in the form of a five-point Likert scale (from strongly agree with score 5) to (strongly disagree with score 1). Questions 2, 19, 20, 24, and 44 are scored in reverse. To evaluate the content validity of this questionnaire in Tegrian's research in 2008, it was provided to five experts in the field of family counseling in the Faculty of Educational Sciences, University of Isfahan, and was approved by experts. He used the Oxford Happiness Test to determine convergent validity and the Beck Depression Inventory to determine divergent validity. The couple's happiness questionnaire had a positive correlation of 0.80 with the Oxford Happiness Questionnaire and a negative correlation of 0.78 with the Beck Depression Inventory. Also, the reliability of

this questionnaire was 0.75 by the Spearman-Brown method and 0.70 by the Guttman method.

The method of conducting the research was that first the available couple was given an emotional divorce questionnaire online and then among the couples who obtained a high score and considering the inclusion criteria (obtaining a score higher than 8 in the emotional divorce questionnaire, each company Husband and wife together, consent to participate in research, not on the verge of divorce, no acute psychological problems) and exit criteria (unwillingness to continue cooperation, more than two unseen sessions, absence of one of the spouses more than one session), A total of 30 selected pairs were randomly assigned to 15 pairs in the experimental group and 15 pairs in the control group. Simultaneously with the beginning of the main study, the tests of marital happiness and family cohesion and flexibility were performed as a pre-test as an online link press. After the pretest, the experimental group underwent training based on the communication imaging method in 8 sessions of 90 minutes. In each session, couples with emotional divorce became acquainted with Image Relationship techniques to gain the necessary skills in dealing with each other. During this period, the control group did not receive any training. At the end of the sessions, the control group and the experimental group were given questionnaires as a post-test.

Communication Imaging Training Package was designed by Hendrix 1990 to increase couples 'communication, healing childhood wounds, and promote couples' differentiation. This training program has been used in the researches of Mary (2010), Golestaneh et al. (2015). In the present study, an educational package based on Aslani, & et al (2015) research in 2015 was performed on the experimental group in 10 sessions of 90 minutes. A brief description of the sessions is given in Table 1.

**Table 1. Summary of the content of the communication illustration training package**

Sessions	Description of the sessions
<b>First session</b>	Introducing and contracting the goals of this communication session, deciding to make a responsible effort to improve the relationship, motivating by stating a brief history of marital problems, and what goals they pursue and what they want to change in their lives by attending the counseling session. These goals are pursued by getting to know the members and getting to know each other, explaining the work method and goals of the meetings, making a commitment to the spouse and group members to use the insights gained in the meetings to improve the relationship.
<b>Second session</b>	Planning for future relationships. The objectives of this meeting include assessing the possibility of progress in the relationship and getting to know each other. These goals are achieved by writing personal rules and a shared list that includes the desired aspirations, qualities and characteristics in the current relationship and what they wished for in their relationship, as well as familiarity with the spouse's list of opinions, comparison and finding similar items and determining a common list by expression. The sentences are followed by the simple present tense, for example, "We are having fun together".



<b>Third session</b>	Increase self-awareness. The objectives of this session include discovering and reviewing memories, discovering the main failures of childhood and how to react, cultivating a suitable mental image, for example, finding positive and happy memories and imagining your childhood based on those memories. These goals are pursued by returning to the childhood home and reviewing memories, writing down the positive and negative characteristics of parents and their impact on the individual, identifying unmet childhood needs and negative emotions and examining childhood failures and how to respond to them.
<b>Fourth session</b>	Getting to know your spouse. The goals of this session include getting to know your spouse deeply, examining your secret agenda, and its impact on your current relationship. These goals are pursued by expressing the positive characteristics of the spouse, such as kindness and responsibility, and the negative characteristics of the spouse, such as nagging and nervousness, comparing the characteristics of the spouse with his mental and examining the interaction of his mental image with the characteristics of the spouse. Be.
<b>Fifth session</b>	Unfinished work from childhood and learning conscious conversation. The goals of this session include recognizing each other's emotional wounds, getting to know each other's needs and problems, and sending effective and clear messages to each other. These goals are achieved through training and practice of conscious conversation or conversation with couples. Talking to couples is a three-part process that includes reflecting, acknowledging, and empathizing. During it, men and women are taught to pay attention to each other intentionally and intentionally according to this three-part process. Sharing the results of the third and fourth sessions with your spouse.
<b>Sixth session</b>	Close exit routes. The goals of this meeting include creating mutual commitment and ensuring that we are together, increasing the level of intimacy, satisfying needs, identifying couples' conflicts and their conflict resolution styles. These goals are pursued by determining your own and your spouse's exit routes and planning to close the exit routes and reciprocal agreement. On each piece of paper, couples write down a list of common types of outcomes, such as overeating, working late, spending too much time with children, or anything else they did just to stay away from their spouse. The list is then compared to the spouse's list of outputs and finally agreed between the couple, who close the outputs and spend most of their time together and resolving issues.
<b>Seventh session</b>	Refresh romantic memories and improve the relationship. The goals of this session are to create a safe zone, increase intimacy and heal emotional wounds, create positive cycles of interaction, increase positive reciprocal behaviors and reduce negative behaviors. These goals are pursued by reviewing past good behaviors and memories, determining current ways to please your spouse, identifying unmet needs and desires, offering unexpected gifts, and engaging in fun activities together.
<b>Eight session</b>	Learn new behaviors. The goals of this session are to increase the feeling of security and connection, increase the feeling of happiness and emotional connection. These goals are pursued through the practice of evacuating and controlling anger constructively and examining the unfinished and unresolved state of the past. In this way, the first step in performing this exercise was for couples to identify the desires and desires that lay behind their despair. On a separate piece of paper, they make a complete list of all the things that their spouse suffers from, such as when does their spouse make them angry? When does it upset him? When does it cause fear, suspicion, suspicion, disgust, resentment, or anger? They are then taught to extract the desire behind each of their spouses' complaints and grievances on a separate piece of paper and write it down positively. Requests are written positively, for example, "I like the tone of your voice to be natural when you are angry and upset."
<b>Ninth session</b>	Discharge of anger and excitement. The goals of this session include expressing and venting anger in a safe and constructive environment, reducing and resolving past resentments, and healing emotional wounds. These goals are pursued by summarizing the various parts of the denied self, the lost self, the false self, and the real self. In this exercise, couples learn; When they are upset or angry with each other, let them know how they feel by saying, "I'm angry with you," "I'm upset with you," and "Do you want to listen to me?" Then the person who plays the role of "supporter" whose spouse, who is now in the role of exponent or exponent, is an abused and injured child; Therefore, he expresses his desire to listen to his wife's feelings. The speaker then briefly shares his or her resentment or anger.
<b>Tenth session</b>	The goals of this session are to recover "lost selves" and to accept "false selves" and "denied selves"; To make positive and mature changes again in the form of an integrated, harmonious and balanced order to reach their first perfection and integrity at birth. At the end of this session, the contents will be summarized, concluded and integrated; And at the end of this session, the post-test is performed.

The data obtained using SPSS-22 software were calculated at two levels of descriptive statistics (mean and standard deviation) and inferential statistics (analysis of covariance with the assumptions of Levin test and Kolmogorov-Smirnov test) and then analyzed by the researcher. Was analyzed.

### 3. Results

Descriptive indices related to pre-test and post-test scores of family cohesion and couple happiness in the two experimental and control groups are presented in Table 2.

**Table 2. Results of descriptive statistics of research variables**

Variables	Group	Pre-test		Post-test	
		Mean	Standard deviation	Mean	Standard deviation
Family cohesion	Examination	71.64	4.95	99.32	10.53
	Control	72.46	5.74	75.32	7.04
Couples' happiness	Examination	93.68	8.12	136.54	10.63
	Control	91.53	8.32	99.78	8.46

The results of Table 2 show that the mean scores of family cohesion and happiness of couples in the experimental group in the post-test after the intervention increased compared to the control group. One of the necessary presuppositions for using

parametric tests is the presumption that the distribution of scores of the sample group or groups in the community is normal, the results of which are presented in Table 3:

**Table 3. Shapiro-Wilk test results on the default of normal distribution**

Variables	Indicators		Shapiro-Wilk test
	Group	Statistics	Significance
Family cohesion and flexibility	Examination	0.57	0.44
	Control	0.42	0.38
Couples' happiness	Examination	0.63	0.49
	Control	0.36	0.54

The results of the Shapiro-Wilk test for pre-test scores of the studied variables in Table 3 show that the assumption of normal distribution of pre-test scores of the studied variables in the experimental and control groups is not rejected ( $P > 0.05$ ). Also, the assumption of the equality of variances in the family cohesion

variable ( $P = 0.12$ ) and the couple's happiness variable ( $P = 0.36$ ) is confirmed in the post-test stage; Therefore, the use of analysis of covariance is unobstructed, the results of which are shown in Table 4:

**Table 4. Analysis of covariance of communication illustration training on research variables**

Scale	Variable	Df	MS	F	Sig	Eta coefficient	Statistical power
Family cohesion and flexibility	Pre-exam	1	1982.92	0.69	0.38	0.31	0.04
	Group	1	4922.43	0.23	0.01	0.64	0.88
Couples' happiness	Pre-exam	1	1583.92	0.12	0.18	0.03	0.05
	Group	1	5281.72	0.38	0.01	0.68	0.92

As can be seen in Table 4, the difference between the experimental and control groups in the score of the component of family cohesion and flexibility and the couple's happiness is statistically significant ( $P < 0.05$ ). Therefore, the research hypothesis that Image Relationship training is effective on the cohesion-flexibility of couples and the happiness of couples with emotional divorce is confirmed. According to the ETA coefficient, 64% of the changes in the cohesion-flexibility component of the family and 68% of the changes in the couple's happiness are related to the implementation of the intervention.

#### 4. Discussion and conclusion

While most marriages today are made with love and both parties want to respect each other and their obligations to each other, but over time some issues can lead to separation, or a life together without feelings, love and companionship. Lead and cause serious harm to themselves and society, so the purpose of this study was to determine the effectiveness of Image Relationship Therapy on family cohesion-flexibility and happiness of couples with emotional

divorce. The results showed that communication illustration training has improved the cohesion and flexibility of couples with emotional divorce. Findings obtained with the findings of [Bakhshi \(2015\)](#), in a study showed that the Image Relationship approach has an impact on the cohesion and adaptability of married women, [Aslani, Jamei and Rajabi \(2015\)](#), in a study showed that the use Communication illustration method due to tangible and objectification of communication problems and providing appropriate solutions can affect the quality of marital relationships of couples, [Christopher, Schmidt and Gelhert \(2017\)](#), who in a study showed that communication illustration training increases The level of empathy of couples with each other and ultimately leads to a positive and romantic relationship between them, [Schmidt, Lockett and Golhart \(2015\)](#), who stated in a study that Image Relationship Therapy has made significant positive changes in marital adjustment and also [Muro, Holliman, and Luquet \(2016\)](#), who showed that Image Relationship training has brought about significant changes in couples' empathetic behaviors toward each other, are consistent. In confirmation of the alignment

of the research results with the results obtained in the present study, it can be stated that all these researches have performed the Image Relationship approach on the issues and problems of couples and the number of meetings in different researches is between 6 to 10 sessions, which is appropriate for the effectiveness of the approach.

Explaining the findings, it can be said that experts in communication imagery believe that one of the main causes of problems between couples is the presence of unhealed childhood wounds in each couple and its effect on their current relationship. This approach helps spouses to understand subconscious processes, acquire skills to heal these wounds and separate marital relations from the effects of the past, thus creating the conditions for healthy relationships with understanding and empathy and creating a safe space for healthy expression. Provide anger and frustration. Exercises are given to spouses to increase attention and care behaviors, which ultimately lead to increased cohesion and flexibility of couples. Managing anger, doing fun activities together, training each couple to examine the positive and negative characteristics of themselves, their parents, their spouse, and reconstructing a true mental image of their spouse are examples of these tasks (Ebrahimi, Amiri, and Deira, 2017). It also uses marital therapy and education in the Image Relationship approach to help couples better understand marital relationships. In this approach, spouses can share both positive and negative emotions in a safe environment through the process of conscious conversation and exercise of anger control and flexibility. In the meantime, each couple gains more awareness about themselves, their spouse, and their marriage in general.

As a rule, the choice of a person to spend free time with his spouse shows that they enjoy each other's company and value each other's company. Therefore, spending time together should be beneficial for couples. Performing some exercises in communication approach in sessions such as making a list of pastimes, re-romance and surprise list of unknown characteristics of the spouse, is designed to deepen the emotional bond between couples and the feeling of security and pleasure in the relationship. On the other hand, in communication imaging sessions, couples commit to staying together for a certain period and not separating (irreversible decision). This commitment allows couples to spend more time together. This leads to an increase in the amount of time couples spend together.

The goal of current therapy is to help couples achieve a conscious (conscious) relationship together, and this includes helping them identify and understand their defense mechanisms against intimacy (mechanisms that cause power struggles). ) This practice helps couples to re-establish connections between themselves, within themselves, and with the universe. In Image Relationship therapy, gives couples knowledge and information and, more importantly, educates them about the subconscious aspects of their relationship and the fundamental study of the roots of their conflicts. It also helps people to perceive their spouse as a different person without the hassle of unconscious projections, to adjust their expectations of their spouse, to address the denied and hidden aspects of their personality, and finally to achieve a conscious shared relationship. And their defensive styles should be reduced from immature and psychologically abused and move towards developed defensive styles towards their spouse so that they can accept and adapt to each other despite the existing conditions. During the communication illustration training sessions, do exercises such as recalling romantic memories and expressing the wishes and desires of each couple, as well as teaching other techniques such as how to talk and communicate with the spouse, to be aware of his needs and anger management and expression techniques. Discomfort in an appropriate way is effective in increasing cohesion and flexibility among couples.

The results also showed that Image Relationship training has increased the happiness of couples with emotional divorce. The findings are consistent with the results of similar studies by Ardalani (2015), who stated in a study that immunotherapy training significantly increases the willingness to forgive in unfaithful couples. The results of Zeinhari's research (2014) showed that Image Relationship has been able to reduce the marital conflicts of the women under study in general. In line with the results obtained from the results of previous studies, it can be stated that this approach has been done as a group in those studies, and those studies have also affected couples' behavior and cognition by teaching illustration and using the techniques of this approach. اند. Explaining this finding, it can be said that Image Relationship is a process in which it gives couples awareness and information, and more importantly, it educates them about the subconscious aspects of their relationship and helps people to solve their problems instead of trying to solve them. Solve the superficial face, intervene it more carefully.

Succeeding in this work will lead to improvement, growth and emotional security towards the other, couples learn to see their conflicts as an opportunity for deeper intimacy and contact with each other. These small changes greatly affect a couple's happiness, and couples become a source of pleasure for each other rather than a source of unhappiness. Two important tools for recovery are intentional conversation and the other is to use the conversion process to help each couple make better changes in their behavior, and these factors lead to increased happiness in the couple.

In the context of Image Relationship, techniques such as couples' dialogue enable couples to be understood by the other party, and experiencing this feeling can lead to increased happiness, intimacy, and empathy between couples. In this approach, skills are taught that help to meet the basic needs of the family such as love, kindness, belonging, respect, empathy, loyalty, approval of the spouse and emotional security. More specifically, the factors that this approach considers necessary to maintain a healthy and long-term relationship are the ability to solve problems that are considered stressful for both spouses, the ability to create a supportive atmosphere during the conversation to solve the problem, the ability to Understand the other's point of view and relationship with the spouse, the ability to see oneself and the other and without distortion, the ability to manage negative communication exchanges and control anger, the ability to change the behavioral patterns one wants and the ability to help the spouse to change their communication patterns. It is desirable to change that learning and using these techniques improves the quality of married life, increases intimacy and life satisfaction and, consequently, reduces the likelihood of separation of couples.

During Image Relationship training, couples learn by practicing conscious conversation (imaging dialogue) that by sharing their problems and concerns, they can save themselves from getting caught up in negative interactions and resolve conflicts in the relationship. Resolve and experience more intimacy. The more interactions between spouses and the more love and empathy these interactions have, the more satisfied the spouses will be with each other and the marital relationship. Providing communication-oriented solutions leads to the fact that people can solve more problems and can use them properly when faced with various problems. This approach leads couples to achieve empathy and happiness, the urgent need to achieve mutual understanding and thus solve marital problems. In addition to the above, during

Image Relationship training, each couple learns to what extent each of their childhood's childhood influences their current performance. Awareness of the impact of early childhood experiences with parents on current interpersonal relationships helps people better understand their spouse's behavior. Because each couple realizes that most people, including their spouse, like themselves, are hurt by their childhood and are looking for someone to help them correct their childhood. This causes them not to see their spouse's failure to meet their needs as a sign of rejection, and to realize that it is not intentional, and in fact, he or she is moderating the irrational beliefs formed in his or her childhood. With the emergence of this understanding of the spouse, during communication imaging training sessions and gradually learning communication skills during the sessions, couples' relationships are led to more respect and love and ultimately make couples happier.

## 5. Ethical Considerations

### Compliance with ethical guidelines

All ethical principles are considered in this article. The participants were informed about the purpose of the research and its implementation stages. They were also assured about the confidentiality of their information and were free to leave the study whenever they wished, and if desired, the research results would be available to them.

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### Authors' contributions

The author himself has been present in designing, executing and writing all parts of the research.

### Conflicts of interest

The authors declared no conflict of interest.

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