



KEMs and Relationships

By Bryan Messer

What causes one to sense an interest and attraction in another is different than you might think. While physical features and attributes may gain the initial attention and interest overtime, these attractors will gradually fade away as the mind develops experiential memories of the actions and behavioral patterns of another. What causes a person to find interest in another is the attributes for which they subconsciously find appealing, and the similarity between what is imagined, and what is perceived through the individual's sensory input and interpretations and imagination.

Allow me to elaborate; the subconscious mind is constantly monitoring our sensory inputs, (sight, sound, smell, taste, and touch). All but the sense of smell is actively monitored via the thalamus and when a familiar pattern is recognized, or some expected, pattern is not being perceived the thalamus and hypothalamus stimulate the mind and body into an action. In this way, it is the difference between what is anticipated vs. what is observed that causes the subconscious to trigger our focus, thoughts, and actions we take.

As we become increasingly familiar with the patterns of behavior of another, we will necessarily become increasingly less responsive, to what is being observed.

This is what is interpreted as disinterest. Therefore, the longer one is in a close relationship, the more familiar their mind becomes with the behaviors and physical appearance of the other. This is what is then interpreted as disinterest. Because the mind operates on pattern recognition and it is constantly seeking to interpret sensory input for patterns of interest, one of our natural tendencies is to eventually become increasingly less interested with things occurring around us that are common place and familiar . This is why one seems disinterested in what they are doing or with what others we are engaged in doing.

How does one build long-term meaningful relationships with others that extend beyond the initial introductory, exploratory phase of a relationship (the honeymoon phase)? The answer to this can be found by looking at one's own long-term interest, and those relationships with others, whom they seem to establish and maintain long-term emotional connections with. What bond us to another as well as interest and long-term pursuits, are shared core interests. When this happens, at the subconscious level, we have a common sense of motivation and desire to seek the others, companionship. So how does one first identify and then align with another's subconscious motivators? It starts with exploring one's own motivators that have a strong positive emotional element. Then they can identify what is motivating them from within. I call this emotional based motivator. When an individual engages in actions and pursuits, they have a strong positive emotional response from this is a clue to their own inner core motivators for all they choose to do. If they focus on exploring the pursuits which they derive strong positive feelings from and collect a significant number of these, then patterns of similarities between what they have enjoyed doing begins to emerge. If these emotional motivators are grouped into distinct activity types, each group of similar activities will then provide insight into what is subconsciously motivating that person in their actions. Though labeling each group this will then be representative of the essence of their primary emotional motivators for all that they choose to do. Once this has been identified, it will become obvious to that individual as to what it is, that has been their subconscious influencing and motivating all they have and are currently engaging in doing and pursuing. As these primary emotional motivators represent what is subconsciously influencing all their choices and actions, then the key to understanding someone's long-term motivating drivers is to identify and understand their core motivators. It is for this reason that I have chosen the name,

key, emotional motive (KEMs) for an individual's unique group of primary positive emotional motivators.

In respect to a relationship, we will each be subconsciously influenced to pursue actions and pursuits that are aligned with our own KEMs. For this reason, if one wishes to establish long-term relationship with another it is best to seek out another who share similar KEMs to their own. This is because at a subconscious level when an individual is doing activities that are compatible with their own KEMs then they will be deriving positive feelings. These feelings of positive emotional expressions will then be shared with their partner, and they will look forward to sharing time together doing what you both enjoy doing.

Through knowledge and awareness of everyone KEMs, it is possible to readily identify in what ways the two will find both individual and mutual enjoyment in their shared experiences and activities. This will in turn lead to emotionally satisfying and fulfilling, long-term relationship.

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