



Thought of the Month News & Notes

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Quotes of the Month

Quotes on Humor

A joke is a very serious thing.

Winston Churchill

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

Henry Ward Beecher

A sense of humor is a major defense against minor troubles.

Mignon McLaughlin

A sense of humor... is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.

Hugh Sidey

A well-developed sense of humor is the pole that adds

balance to your steps as you walk the tightrope of life.

William A. Ward

Common sense and a

Issue: #10.

October 2009

Dear Friends,

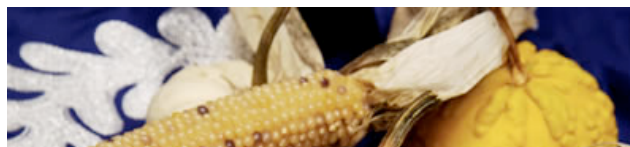
Another month has passed and it is time to visit with you again through our Thoughts...

After a recent trip to the drug store we noticed to our shock, next to the Halloween candy, masks, costumes and decorations was Christmas decor! Amazing...time passes quickly enough and how frustrating to see retail stores rushing us even more. We would like to invite you to pause, refresh yourself and explore your relationship for a few moments at least.

Knowing that the holidays are fast approaching often brings anxiety, fear, and the feelings that we had as children, some good feelings and some not so good...remember that baggage stuff? We want to suggest a lighter approach. A reach deep within to that child who loved knock-knock jokes, who has a sense of humor. But beware, we may be stepping outside the boundary of humor, something even the most experienced comic has done. We hope this thought gives you pause, our quotes give you a laugh and that you enjoy yourselves. Donna and I are with you! Let's laugh a little together!

Remember to keep in touch! Share your problems and ideas for other Thought topics. We are here for you.

We hope you enjoy this Thought!



Common sense and a sense of humor are the same thing, moving at different speeds. A sense of humor is just common sense, dancing.
William James

Humor is mankind's greatest blessing.
Mark Twain

Humor is perhaps a sense of intellectual perspective: an awareness that some things are really important, others not; and that the two kinds are most oddly jumbled in everyday affairs.
Christopher Morley

One doesn't have a sense of humor. It has you.
Larry Gelbart

The more I live, the more I think that humor is the saving sense.
Jacob August Riis

The satirist shoots to kill while the humorist brings his prey back alive and eventually releases him again for another chance.
Peter De Vries

There is no defense against adverse fortune which is so effectual as an habitual sense of humor.
Thomas W. Higginson

When humor goes, there goes civilization.
Erma Bombeck

You can turn painful situations around through laughter. If you can find humor in anything, even poverty, you can survive it.
Bill Cosby



MARK YOUR CALENDARS...LOTS OF OPPORTUNITIES...PLEASE JOIN US:

**"The Next Step:Overcoming Reactivity"
opportunity in Rehoboth Beach,
Delaware (great off season prices in a
delightful beach town.)**

November 14-15, 2009

**Just let us know you are interested and we
will do everything we can to make the
weekend possible for you.**

**"Conscious and Connected Parenting"
Workshop in Frederick**

November 21 - 22, 2009

**We are very excited about sharing this
material and the experience from our previous
workshops with parents. Your children will
appreciate that you are participating in
"Mommy & Daddy School" as a way of being
the best parents you can be.**

**(This is powerful for parents of all age
children.)**





Thought of the Month

October: Does Humor Always Help?



"Laughter is the best medicine."

"A little humor lightens the load."

"Laugh and the world laughs with you."

These are the phrases that flag the importance of humor for survival. My family was depressed, detached, and certainly not humorous. Even strangers would comment to me that my Father's face was etched with a permanent scowl. (I forgave him for this before he died. He had his own story, too, you know.) But I used my youngest child position to bring humor (and life) to our family. So I'm a big fan of humor. Now, ask Donna if I always use humor wisely or if my antics are as funny to her as I think they are. You know the answer, don't you?

I've learned that humor can be used for harm in relationships. Humor that is degrading or used at the other's expense belongs on late night television. Comments couched in humor but really coming from a serious frustration are not usually helpful in creating a safe Space. Humor that is deflective and used to avoid a serious conversation can be infuriating. (This is one that I am quite good at, but I'm progressing.)

Let me give real examples of several types of destructive humor:

Degrading Humor: "She's so bad on directions; she couldn't find her way out of a paper bag." Funny? Maybe....maybe not. Be careful!

Blind-side Sarcasm: "Wow! A 1% raise! Before long, I bet they'll make you CEO of the company!" Whatever the frustration being expressed, it's probably hurtful to the recipient.

Deflective Humor: "Let's just sell everything and join a nudist commune. That will solve our money problems." Whatever the concern or fear that led to this comment, it is not being addressed by this attempt at humor.

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I really believe we have to be more careful about our use of humor in our intimate relationships than anywhere else in life. Remember, our Partner lives in a wholly/Holy other world and is most likely not cued into our use of humor as we imagine they are. The safest and most relational thing to do when one of those "funny" comments comes into our head is to replace the joke with mirroring and validating. You will feel more connected with your Partner and you will be able to explore the real things that are going on.

Final thought....if this has made you wonder about your own use of humor with your Partner or your children, there is one true way to find out. Just ask them, "Do I ever use humor with you in a way that is less than helpful?"

Good luck!

November 14 - 15 for "The Next Step: Overcoming Reactivity" opportunity in Rehoboth Beach, Delaware....

November 21 - 22 for "Conscious and Connected Parenting" workshop in Frederick.





The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

Please stay in touch and let us know how to support you.

Hope you enjoy this new fall season!

David (& Donna)

