



Connecting  
Couples

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## Thought of the Month News & Notes

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### Quotes of the Month

**Hope, Spring &  
Inspiration**

It's spring fever....  
You don't quite know  
what it is you DO  
want, but it just fairly  
makes your heart  
ache, you want it  
so!" Mark Twain

"Expect to have hope  
rekindled. Expect  
your prayers to be  
answered in  
wondrous ways. The

dry seasons in life do  
not last. The spring  
rains will come  
again." Sarah Ban  
Breathnach

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**Dear Friends,**

**We are loving Spring! This season is very special to us this year as we had some memorable family events and we experienced the renewal of spirit that Spring often brings. What makes the seasons special to you? Is it the fact that change is in the air, rejuvenating the spirit? Or maybe just that change in the weather and our environment helps us to look outside of our day-to-day rut with hope that we can start fresh.**

**After months of "cabin fever" or being stuck in small surroundings with the same people, we get a bit short and impatient with those around us. If we are not careful (yes, even we get into a relationship rut) we may find that it is far too easy to take offense, get angry, speak unkindly or just lash out at our partner or our children. If that temptation occurs, it is an opportunity to stop and take a breath--to take the time needed to acknowledge that we are in danger of allowing that *lizard* brain to take over.**

**Enjoy this Thought--let us know what you think!**

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



"If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies." Nadine Stair

Many strokes overthrow the tallest oaks.  
- John Lyly

No problem of human destiny is beyond human beings.  
- John F. Kennedy

As the wind blows you must set your sail.  
- Thomas Fuller

If you have built castles in the air, your work need not be lost; that is where they should be. Now put foundations under them.  
- Henry David Thoreau

The glory of human nature lies in our seeming capacity to exercise conscious control of our own destiny.  
- Winston Churchill

Dripping water hollows a stone.  
- Lucretius

Determine that the thing can and shall be done, and then find a way.  
- Abraham Lincoln

Insist on yourself; never imitate.  
- Ralph Waldo Emerson

Some men give up their designs when they have almost reached the goal, while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than before.  
- Polybius

Hope is the thing with feathers that perches



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

**"The Next Step: Overcoming Reactivity" is the weekend of May 1 - 2 in Frederick. Feedback is that this helps couples really "get it".**

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

**June 5-6, 2010**

**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.)**



in the soul.  
- Emily Dickinson

Three things for  
which to hope—a  
haven of peace, a  
robe of righteousness  
and the crown of life.  
- James Alexander  
Beattie

Hope ever tells us  
tomorrow will be  
better.  
- Tibullus

Hope enough to  
remove all anxious  
fears concerning the  
future.  
- Johann Wolfgang  
Von Goethe

Hope springs eternal  
in the human breast:  
Man never is, but  
always to be blest.  
- Alexander Pope

For hope is but the  
dream of those that  
wake.  
- Matthew Prior

None without hope  
e'er loved the  
brightest fair,  
But love can hope  
where reason would  
despair.  
- Lord Lyttelton

"I can't change the  
direction of the wind,  
but I can adjust my  
sails to always reach  
my destination."  
James Dean



## Thought of the Month

### April: Words Spoken in Anger



"I want a divorce!"  
"I never should have married you!"  
"Soon as the kids are old enough, I'm leaving you!"

These and other emotion laden statements are uttered all the time by people experiencing relational conflict. Often the people saying such things are, in all other areas of life, quite well mannered and controlled. What's going on?

Well, first, the most powerful positive and negative emotions on this planet are experienced between intimate partners. The vast majority of music, opera, movies, and plays are about this powerful phenomenon of love...either coming or going. Also, a significant portion of homicides, suicides, and violence is about people struggling in intimate relationships.

I often quietly wonder how many accidents and diseases are attributable to "love gone wrong." So we say things in anger...harsh, irretrievable things. Sometimes unforgettable utterances are spoken, especially unforgettable if children are within earshot. (Couples, please, your children have not taken the course. They don't know about the reptilian brain and the force it has. They believe your words and it changes them forever.)

The sad thing is that most often I've noticed these words said in anger are not reflective of what the sender really means or wants. Before we knew Imago I once told Donna she should just divorce me if she had so many complaints. Did I really mean or want that? Of course not! (By the way, I believe she responded with, "Maybe I will!")

I am not suggesting we can always control our lizards and what they have to say. After all, the lizard is just protesting against what is not working for our own safety. But we can come back with a "do-over" or an apology or whatever is appropriate to bring ourselves in line with what we are honestly wanting. (Our lizards will experience the world as safer and safer through the healing and growth available in our relationship. YEA!)

**I think some break ups are actually the result of two reptiles getting going like some Godzilla movies until death really is the unintended result. That's sad! (And, again, PLEASE learn to harness your harshest words of anger when your children are potentially in harm's way.)**

**Good luck!  
Loving the spring,  
David (& Donna)**

**May 1-2, 2010 for "The Next Step: Overcoming Reactivity" opportunity in Frederick, MD**

**June 5-6, 2010 for "Conscious and Connected Parenting" workshop in Frederick.**



## **Imago Relationships International (IRI):**

**IRI continues to work to spread the word about the powerful relational transformation possible through**

**Imago. It also works to find new ways to support couples on their Journey.**

**Below are two links you might find interesting:**

**LaSplash is an online magazine that has just published an in depth interview with Harville Hendrix and a good description of Imago and its mission in the world.**

**[LaSplash online magazine](#)**

**There is now a blog for couples on the IRI website. New articles are posted frequently and regularly**

## [IKI Couples Blog](#)

### 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.  
With Love and Abundant Blessings,  
David and (Donna)**



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