



## Thought of the Month News & Notes

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**Issue: #19.**  
**July 2010**

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**Dear Friends,**

**Summer is in full swing! Opportunities to cook and eat outdoors make the mundane seem special and promote togetherness. We always liked summers when the kids swam all day and nightly baths weren't important. They were clean, weren't they? And how lovely is it when there is no homework or getting clothes ready for the next school day and maybe just walking the dog is enough "work" for the evening.**

### Join Our List

[Join Our Mailing List!](#)

**Those extra hours of daylight really can "lighten up" our very existence and give us pause--petty arguments seem to take too much effort and laying on the grass, swinging from a tire swing hung on a tree or floating on a raft feels like heaven! We say, go for it! Enjoy and give yourself and your loved ones permission to be a child again and relish summer. Make the livin' easy!**

### Quotes of the Month

#### Love and Laughter

**The story of a love is not important - what is important is that one is capable of love. It is perhaps the only glimpse we are permitted of eternity.**  
Helen Hayes

**We can do not great things - only small things with great love.**  
Mother Theresa

**"Don't threaten me with love, Baby. Let's just go walking in the rain."** Billie Holiday

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



"A happy family is but  
an earlier heaven."  
George Bernard  
Shaw

"Life is not a matter  
of holding good cards,  
but of playing a poor  
hand well."  
Robert Louis  
Stevenson

"Get up and dance,  
get up and smile, get  
up and drink to the  
days that are gone in  
the shortest while."  
Simon Fowler

"If you wait to do  
everything until  
you're sure it's right,  
you'll probably never  
do much of anything."  
Win Borden

"We do not remember  
days, we remember  
moments. The  
richness of life lies in  
memories we have  
forgotten."  
Cesare Pavese

Optimism is the faith  
that leads to  
achievement. Nothing  
can be done without  
hope and confidence.  
Helen Keller

Hope is a waking  
dream.  
Aristotle

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

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

The thing always  
happens that you  
really believe in; and  
the belief in a thing  
makes it happen.  
Frank Lloyd Wright

Think you can, think  
you can't; either way  
you'll be right.



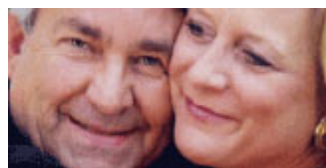
**IT'S NOT TOO LATE.....PLEASE JOIN US**

**"The Next Step: Overcoming  
Reactivity": July 31 - August 1 in  
Frederick.  
Check out our website for all the  
details!**



Thought of the Month

July: **"The Unhappily Married Woman"**



(An important note: I find myself spending a lot of time lately pondering the things I see in my office and in our workshops, trying to understand more about the "workings" of relationships. It is a mystery because partners almost always show up with best intentions and a desire to be the best partner they can be for the person they love. I have been considering the differences I experience between men and women as they "report" on their relationship. I want to share some of these observations about women this month and about men next month. I am also clear that this sounds exclusive of

Henry Ford

What a man thinks of himself, that is what determines, or rather indicates, his fate.

Ralph Waldo Emerson

When fortune closes one door, it opens another.

Sa'di

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou

What lies behind us and what lies ahead of us are tiny matters compared to what lives within us.

Ralph Waldo Emerson

"I think of life as a good book. The further you get into it, the more it begins to make sense."

Harold Kushner

Kindness is the golden chain by which society is bound together.

Goethe

A kind and compassionate act is often its own reward.

William John Bennett

You cannot do a kindness too soon, for you never know how soon it will be too late.

Ralph Waldo Emerson

My religion is very simple. My religion is kindness.

The Dalai Lama

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao Tzu

Kind words can be short and easy to speak but their echoes are truly endless.

Mother Teresa

It is difficult to give away kindness. It

same sex relationships but I trust that those of you who know me (and us) know that our intent and commitment are about inclusion. Our experience is that, most often, similar dynamics show up in all relationships, even though language still limits our ability to articulate such. Make sense? Please feel free to share your thoughts with me as I am seeking ways of creating more and more safety and connections with all couples. David)

### "The Unhappily Married Woman"

It is painfully clear to me that women, in general, are more unhappily married than men. I see it empirically when couples come into my office for coaching. It is evidenced by our workshop evaluations where women score more than two points lower on the question, "Rate your satisfaction with the relationship at the beginning of the workshop." On a scale of 1 - 10, two points seem quite significant. Charles Osgood even revealed a survey on his show, "Sunday Morning", that reported that more women would marry a different man than men would marry a different woman if given the opportunity to "do it over."

I've come to the conclusion that many women (not all) are lonely in their relationships. So why are women feeling alone? And burdened, I might add.

Let's start with the housework. Now enlightened men (like me) will surely agree with the idea that household chores should be shared. Now, go ask 100 women if this is really the case....that household chores really do get shared equally. I've also noticed that when men help out, it is something to be noticed and applauded. For women, it is just expected.

How about special event planning? Here again, women feel the burden, in general. After talking with couples about holidays, it is my observation that women basically "do" holidays, as well as other family events. Men get kudos for helping out.

Women often feel alone with their and their emotions. They can be left afraid to share them for fear of arousing anger and/or shame in their partner. Or they might quit sharing emotions after one too many "fix-it" responses.

Some women feel alone in the bedroom. If sex is the only time of feeling really desired and cherished by their partner, then even the bedroom can become a lonely and trapped experience.

So, men...this next part is just for you. Take heart and read on:

How can you make your wife feel less lonely and more connected and appreciated?

1. Do the dishes.
2. At least act interested in the holidays and, most important, express appreciation for all she is doing

keeps coming back to you.  
Cort Flint

Compassion for others begins with kindness to ourselves.  
Pema Chödrön

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.  
Theodore Isaac Rubin

Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind.  
Henry James

The main thing in one's own private world is to try to laugh as much as you cry.  
Maya Angelou

What soap is to the body, laughter is to the soul.  
Yiddish Proverb

A smile is an inexpensive way to change your looks.  
Charles Gordy

A good laugh and a long sleep are the best cures in the doctor's book.  
Irish Proverb

You can't deny laughter; when it comes, it plops down in your favorite chair and stays as long as it wants.  
Stephen King

Always laugh when you can. It is cheap medicine.  
Lord Byron

The more one worries, the older one gets; the more one laughs, the younger one feels.  
Chinese proverb

The human race has one really effective weapon, and that is laughter.  
Mark Twain

importantly, express appreciation for all she is doing.

3. Listen and validate her dreams.
4. Show her physical attention free of sexual expectations (and tell her you just want to be close to her.)

That's it! Put one or more of these in your life and you will see positive changes.

Next month: "The Angry Man"

Still learning together,  
David

**GET IN THE SWIM WITH CONNECTING COUPLES!**

**THE NEXT STEP: Overcoming Reactivity**

**July 31-August 1, Frederick, MD**



**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 with lots of in-depth articles and information.**

[LaSplash online magazine](#)

**There is now a blog for couples on the IRI website.**

**New articles are posted frequently and regularly**

[IRI 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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Try it FREE today.