



Connecting  
Couples

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# Thought of the Month News and Notes



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## Quotes of the Month

"Alone we can do so little; together we can do so much." Helen Keller.

"Talent wins games, but teamwork and intelligence win championships." Michael Jordan.

"Teamwork begins by building trust. And the

Dear Friends,

Everyone we spoke to over this past month has echoed the obvious: this holiday season was different than any other they had experienced. Some said it was better, many felt it was not so good. Those isolated from family, friends and loved ones ached with sadness. Those who were blessed to have a partner, spouse, family--struggled with new challenges and frustrations in spite of the joy of having loved ones close. Most we talked with agreed that the experience helped them to grow as individuals and it strengthened the bonds of the love that brought them together and keeps them together. I guess we learn from each experience and keep building on it.

Keep up the love, the caring. Take care of yourself and those you love. Love can and will sustain us! Wishing you a great new year ahead....onward and upward!

Keep in touch!

David (and Donna)

## December: Revised Knots

[How to Unravel Your Knot](#)

[Hedy Schleifer, a spirit known to everyone in the Imago community, has described the inevitable couple's power struggle as a "Survival Knot"](#)

[I have mused over this image for the many years I have known her. But it was only this last summer that the real impact of this knot image came clear.](#)

only way to do that is to overcome our need for invulnerability." Patrick Lencioni.

"It is literally true that you can succeed best and quickest by helping others to succeed." Napoleon Hill.

"If you want to lift yourself up, lift up someone else." Booker T. Washington.

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful." Mother Teresa

"No one can whistle a symphony. It takes a whole orchestra to play it." H.E. Luccock

"Individually, we are one drop. Together, we are an ocean." Ryunosuke Satoro

"It is amazing what you can accomplish if you do not care who gets the credit." Harry Truman

"It takes two flints to make a fire." Louisa May Alcott

"If you want to go fast, go alone. If you want to go far, go together." African Proverb

It was during my kite flying stage. (You may have heard Donna reflect on my many stages: the woodworking stage, the exotic plants stage, the tropical fish stage, the electric train stage and many more.)

It was meant to be for the grand kids, but I soon learned that their interest level in a boring kite was way discrepant from my own. Meanwhile I managed to get the string in a huge knot.

After an hour of sitting with this ball of mess I began to realize how brilliant the "Survival Knot" fits with marriage conflict.

1. I had no idea how it happened. It just got there! I think relationships get into knots the same way. Through unconscious defenses and benign inattention.

2. I needed Donna's help. I wasn't getting anywhere myself. Not enough hands to loosen the correct strands for undoing the tightest places.

3. We had to handle the knot gently!  
Pulling too hard on the wrong strand at the wrong place only made things worse.

4. We had to work together.  
Agreeing on a method: which part to free up, who pulls on which strand and when.

5. It was tempting to just cut the string on either end of the knot and give up!  
But that's the end of kite flying.

6. We had to be patient.  
We made a few wrong moves and the knot got tighter until we opened it up again.

7. When the knot disappeared, it was a joyous moment. We did it!  
It can be a new beginning for couples to unravel their knot.

8. I am careful now to watch for future knots in the making.  
Just a bit more attentive when flying the kite to watch for trouble spots or wind gusts.

I hope you all have a great new year with lots of unraveling going on.

All comments are welcome.

David



**Be sure to watch this space or check our web site for future opportunities.**

**To be determined at a later date:**

**MORE Zoom sessions and workshops**

