



Connecting  
Couples

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# Thought of the Month

## News and Notes



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### Quotes of the Month

**Cherish forever what makes you unique, 'cuz you're really a yawn if it goes.** Bette Midler

**Cherish each hour of this day for it can NEVER return.** Og Mandino

**Cherish your**

**Dear Friends,**

**Summer is so different this year. Or is it just me? I know we have extreme heat, floods, fires and the usual challenges of family and work scheduling when all we want to do is play, but I mean how challenging this past 18 months has been in our conversations with loved ones. I've read that "familiarity breeds contempt" and boy have we had to deal with familiarity. Working from home, kids always around, conversations getting tedious...surely it's not just me! It's easier to be short tempered when there's not a lot of outside interactions and our patience with routine is waning but our energy to do something more stimulating is also a bit...well, lazy!**

**As we begin to flex our sociability muscles, actually visit with others inside a room, partake in social activities and encourage our Partner and loved ones to engage once more in the world and its challenges and joys don't forget to cherish those fellow humans in this endeavor. I hope this Thought will give you some ideas to use in your relationships.**

**Keep in touch!**

**David (and Donna)**

## **July: Learn to Cherish Your Partner**

**Contrary to what many people believe, conflict and negative feelings do not ruin an intimate relationship. Imago Relationship Theory is not about sugaring up relationships to make it seem there are never an angry feelings or negative interactions.**

**Of course, there are!**

visions and your dreams, as they are the children of your soul; the blueprints of your ultimate achievements.  
Napoleon Hill

Friends... they cherish one another's hopes. They are kind to one another's dreams. Henry David Thoreau

It's so clear that you have to cherish everyone. I think that's what I get from these older black women, that every soul is to be cherished, that every flower is to bloom. Alice Walker

Cherish yesterday, Dream tomorrow, Live today.  
Richard Bach

Cherish the friend who tells you a harsh truth, wanting ten times more to tell you a loving lie. Robert Breault

Cherish your tears and their reasons, they will be the light of your smile, your inner peace and reconciliation.  
Tariq Ramadan

Cherish the beauty and cherish the pain, both will give you experience and you will never be the same. Nikki Rowe

Why, just the other day I forgot a plan for the weekend that we had both talked about and Donna gave me "THAT LOOK!" You know, the one that says, "You imbecile....don't you ever listen?" Negative interactions are inevitable, but it is the way they are handled that is all important.

And what's really critical is that there is not a preponderance of negative feedback going on in a family. Researchers like John Gottman who observe couples have learned that if the positive communications far outweigh the negative ones, then the couple can be quite happy together. So increasing the positive interactions is what I'm talking about!

Let's start with appreciations. Anyone can improve things in their relationship by actively expressing 3 - 5 appreciations for their partner each day. If you cannot think of any (or you don't "feel" appreciative) then go back to your romantic days: "I still think you have the prettiest eyes."; "I loved the way you handled that with our son." Pick something that is authentic and meaningful and you will immediately see the Space between you improve. Learn to cherish your partner.

I remember being in the Midwest as a Seminary student and I had the occasion to have lunch with an elderly Midwest couple. What I remember most was this gentle man saying to his wife, "Thank you for fixing this nice lunch." It struck me as a simple and abundant interchange that spoke volumes about this couple's relationship.

This starts with the same courteous behavior that you would use with your colleagues or with strangers, for that matter. To go further, make a search and discover mission to get clear about how your partner might feel cherished. Many women feel cherished when their partner spends undivided time with them, or when their partner does some act of service like cleaning up the kitchen or cooking a meal. Many men feel cherished when their partner touches them or expresses some word of praise or affirmation.

The important thing is to find out how your partner feels cherished and to learn how to supply that even if it may not be what you would want. It may also not be what you feel like doing. Get over it! For help with this, get the book, *The Five Languages of Love* by Gary Chapman.

It was Gandhi who said, "You must be the change you want to see in the world." You can change your relationship for the better by learning to cherish your partner.

Responses to this Thought are welcome.

**We are doing in person workshops again. September 10-12 is our first "live " workshops. Consider doing the weekend again or send others you know.**

**Thanks**

**David and Donna**



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

**GETTING THE LOVE YOU WANT:**

**September 10-12, 2021**

**November 12-14, 2021**

**ADVENTURES IN CONNECTION GROUP**

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