



Connecting
Couples

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Thought of the Month News and Notes



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Quotes of the Month

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." Oprah Winfrey

"After a good dinner one can forgive anybody, even one's own relations." Oscar

Dear Friends,

What a delight to anticipate getting together with family and friends over the holidays. Granted, things are not quite back to normal but the indications are that this is a new normal and the "old" ways may not come again. We are all adjusting to new habits when we are with others and are thinking about safety and health in a more global sense. We hope you will be able to safely meet with loved ones and respectfully show your caring and love for family and friends alike.

We are ever grateful and thankful for you!

Keep in touch!

David (and Donna)

November: Space In Between

This month I would like to describe the concept of the "space in between." It was Martin Buber, the Jewish theologian, who said that our relationship lives in the space in between us. The relationship is not in me, and it is not in you. It is in the life we create and share together. It is a sacred space.

Everything that we say and everything that we do has an effect on the space. If we have a sour look or a criticism or a withdrawal, we affect the space. If we speak of appreciation or make a warm gesture, we affect the space.

The problem is that we generally are not thinking about the space. We are generally thinking about our own wellbeing in our own sphere of consciousness. And we put our own defenses and reactions into the space without thinking. And then the space becomes a bit uncomfortable. It has become polluted. Then we both react to the

Wilde,

"Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence." Erma Bombeck

"We should certainly count our blessings, but we should also make our blessings count." Neal A. Maxwell

"An optimist is a person who starts a new diet on Thanksgiving Day." Irv Kupcinet

"Enough' is a feast." Buddhist proverb

"Thanksgiving, after all, is a word of action." W.J. Cameron

"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for." Zig Ziglar

discomfort in the space, and it becomes even more uncomfortable. Then it feels like a dangerous space and now we are in full blown reactivity. Sound familiar?

It happens to us. The other day Donna says "I think we should have a new stove top. There is one on sale at HH Gregg." Without thinking about the space I said "Why do we need a new stove top?" To which Donna says "I have been frustrated with this stove for 15 years. Where have you been?"

Of course I had to remind her that we fixed the burners several years ago and that other than the burner that sometimes won't cut off, the stove works just fine. (Can you feel us spiraling down into the bottomless pit of reactivity with each other?) The accusations began and now the subject of a silly stove became a dangerous place in our space. Thankfully we remembered the miracle of dialogue and the image of "the bridge" which I will cover next month. And after rediscovering some of the childhood hurts and adaptations that were at play, we came back to a good space around the stove. It was an "opportunity" for us to revisit the use of dialogue and the bridge to make a good decision and to enjoy a powerful and positive connection.

Surrender, generosity, empathy, curiosity, compassion. These are powerful relationship tools that we can bring to the space in between to keep it joyful and alive. It's all about the space!

Your comments are always welcome.

We are pleased to offer our first live workshop since covid began. It will be January 21-23. Connecting Couples website [register here](#) or call at 301-404-7711.

A great time for some of you to retake the workshop. Or to gift it for some of your relatives or friends. Or just to mention this opportunity to someone you care about. Thanks

Warmly

David



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

GETTING THE LOVE YOU WANT:

January 22-24, 2022

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