

## eTIP

A practical monthly resource for deepening your relationship

### *Flood your partner with love*

**This Valentine's Day, do something that will energize your relationship and deepen its connection. It's as simple as 1, 2, 3...**

*"How do I love thee? Let me count the ways."*

**Elizabeth Barrett Browning**

While expressing love is something we should do daily, this month reminds us to begin making our partners feel truly special, appreciated and loved. The following exercise called "flooding" is used in TRS and Imago® workshops to help couples re-romanticize their relationships. It is a mutual gift that requires no wrapping, but is sure to be enjoyed by giver and receiver alike. Take turns following these steps with your partner.

- Have one partner sit in a chair with enough room for the other to walk easily around them.
- The other partner should walk casually around them 'flooding' them with all the things they love about them. Start each sentence/each example with "I love..."
  1. Begin with physical things; e.g. I love your beautiful blue eyes. I love the silkiness of your hair. I love your strong legs, etc.
  2. Then move on to their more personal qualities, e.g. I love your sense of humor. I love your honesty. I love your fearlessness.
  3. Complete your 'flooding' with behaviors you love, e.g. I love when you rub my back. I love when you're silly with the children.

Be as thorough as possible so your partner feels truly loved and appreciated. When it's your turn to be flooded, be fully attentive to what your partner says. Breathe it in and enjoy. Both of you will feel better about yourselves and closer to each other as a result!

*Repeat Often !*

## eNEWS

**Back by popular demand: Share Common Vision and receive a helpful relationship tool.** Forward Common Vision to 5 or more people, and then e-mail us at [CommonVisionTRS@aol.com](mailto:CommonVisionTRS@aol.com) and say "I shared". We'll send you an effective exercise to help you and your partner identify areas where your relationship may be out of balance.

## eGUIDE

To Upcoming Couples Workshops

### CHICAGO AREA

#### Engaged & Newlywed Couples

- March 31-April 1, 2007

#### Married & Committed Couples

- May 5-6, 2007

### IRELAND (Dublin)

- March 4-5, 2007
- May 19-20, 2007

For more information or to register, see *Contact US* below.

## eZ WAYS

### To share COMMON VISION

with other couples at any stage of their relationship, simply forward this newsletter.

### To subscribe or unsubscribe:

SubscribeTRS@aol.com or  
UnsubscribeTRS@aol.com

### To CONTACT TRS:

e-mail: [MbutlerTRS@aol.com](mailto:MbutlerTRS@aol.com)  
call: (847) 475-1092

### To learn more

about TRS and our workshops visit:

[www.therelationshipstudio.com](http://www.therelationshipstudio.com)

1613 Florence Avenue, Evanston, IL 60201

The Relationship Studio facilitates couples education weekend workshops in which you and your partner can discover more about yourselves and the roles you play in your relationship, learn effective communications skills, reinvigorate your attraction and deepen your commitment for the future. TRS workshops are based on the work of Harville Hendrix, founder of Imago Relationship Therapy.

TRS workshops are facilitated by Mary Butler, LMFT, LCPC and Certified Imago Relationship Therapist and Workshop Presenter and Mary Jo Jahn, MA, LCPC, Relationship Specialist and Workshop Presenter. Workshops are conducted regularly in the Chicago, Illinois area and in Ireland. TRS will facilitate workshops in other locations for groups of 8 or more couples.