

eTIP

A practical monthly resource for deepening your relationship

Resolve to Recommit

A new year provides a new beginning, the perfect opportunity to recommit to your relationship and to being better partners.

"A 'wish' changes nothing. A 'decision' changes everything!"
Author Unknown

While many people make New Year's resolutions, most are superficial and short-lived. This year, instead of far-flung resolutions, join your partner in resolving to deepen the connection between you... one small step at a time!

Here are some ideas to get you started:

- **Ask each other what small, do-able behavior change would make your relationship happier.** Each should choose something simple but significant to them. Things like: 'give me 20 minutes of attitude adjustment time when I get home from work' or 'clear your dishes and put them in the dishwasher after dinner'
- **Commit to practicing this small change daily for one month.** Experts say that it takes 21 to 30 days to change a behavior.
- **Evaluate at the beginning of each month** whether each change is now habit and a new step can be taken...or perhaps another month is needed to solidify the committed change

If you find it difficult to do something for your partner, do it instead for your relationship. You'll find you become a happier, more deeply connected couple. Don't miss this opportunity for a new beginning!

Commit to being a better partner in 2007

eNEWS

Visit www.TheRelationshipStudio.com for past issues of **Common Vision** along with complete information regarding "Creating the Relationship You Desire" Workshops designed to provide a safe and nurturing environment, free of blame or shame, where couples learn together how to enrich and revive their relationships.

eGUIDE

To Upcoming Couples Workshops

CHICAGO AREA

- January 20-21, 2007
- April 28-29, 2007

MADISON, WISCONSIN

- April 14-15, 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
call: (847) 475-1092

To learn more

about TRS and our workshops visit:

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.