



eTIP

A practical monthly resource for deepening your relationship

Nurture your partner with understanding

With spring approaching, bring nourishment, light and warmth to your relationship so that it will flourish in the season ahead.

“True love needs understanding. With understanding, the one we love will certainly flower.”
Thich Nhat Hanh

In the day-to-day life of our relationships, we seldom stop to think of what our partner needs. It is easy to identify our own needs and even easier to expect that our partner will know what they are and how to meet them. But, we have all felt the frustration of finding that this is not true. Here is an exercise that can create a deeper level of understanding:

The next time your partner is frustrated, angry or unhappy,

- Observe your first reaction to their emotional state; Are you judging or critical? Do you feel confused or impatient?
- Take a deep breath, release it slowly and ask your partner to tell you more about what they are experiencing.
- Try to see the situation through your partner's eyes.
- If you have trouble understanding, imagine that you are talking with your best friend, boss or sibling.

Practice this regularly and your loved one and your relationship will flower!

eNEWS

You and your partner can attend a TRS workshop FREE: Assemble a group of 5 or more couples to attend a scheduled TRS workshop and you and your partner can attend **at no charge**. Begin planning now!

Or, assemble a group of 8 or more couples and TRS will conduct a workshop at your location...and enable one couple to attend free of charge!

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.

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To learn more

about TRS and our workshops visit:

www.therelationshipstudio.com

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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.