



eTIP

A practical monthly resource for deepening your relationship

Give the gift that goes on giving

There is no gift more valuable to your partner than the gift of your presence...your love, your time and your commitment to the relationship.

"...One cannot obtain what one wants from a love relationship unless the other also obtains what the other wants."

Gerry Spence, *How to Argue and Win Every Time*

Especially over the holidays, relationships can become buried under the landslide of our responsibilities. Accomplishing the many tasks of modern life can overshadow the most important task – the maintenance and growth of your relationship. You can simultaneously accomplish your tasks, lessen the general stress and tension of your life, and enrich and strengthen your relationship. **Try these steps:**

1. Begin every day with the awareness that what you both want most in life is to be loved.
2. Establish a weekly "staff meeting". Use this time to set your practical goals for the week, decide who will do what task and inform each other of upcoming events and responsibilities.
3. Mutually choose an activity and go on a "date" *at least* twice a month.

Continue to enrich your relationship in the New Year:

At least once a month (weekly whenever possible) have a "state of the union" meeting. Allow yourselves an hour with the mutual understanding that you will each have a 15 minute period to express your frustrations while the other listens without comment or criticism. (Consider this a time to release tension and frustration, not to demand solutions.) Next, you will each have a 15 minute period to tell your partner what is good in your life and in your relationship. Use this time to revisit all that has been happy and loving. End the hour with a hug.

Share your presence in all seasons.

eNEWS

Now Available: Group Discounts Assemble a group of 5 or more couples to attend a TRS workshop and you and your partner can attend **Free!** Your next opportunity is the workshop January 20-21 in the Chicago area.

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

- January 20-21, 2007
- April 28-29, 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 10 or more couples.