



eTIP

A practical monthly resource for deepening your relationship

Plan now to avoid holiday stress

While the holidays bring thoughts of joy to the world and peace on earth, the reality of the holidays can create tremendous stress on relationships.

“We cannot sleepwalk into the life we want to live. We must choose it”
David Whyte

You and your partner can enjoy a happy, peaceful holiday season by co-creating a plan now, before the first invitation arrives. Begin with this list of common issues that cause holiday stress. Add your own personal challenge areas. By agreeing to a plan now before the holiday stresses set in, you'll be able to move smoothly and happily together through the season ahead.

- Agree on budgets for gifts and entertaining (and stick to it!)
- Determine who should be on the list for cards, gifts or invitations (restrict these to people most meaningful to you)
- Develop a plan for where the most important holidays will be spent (this year and possibly a system for rotating future holidays)
- Set priorities to deal with overlapping invitations
- Decide on a common approach for exchanging gifts between the two of you to avoid any imbalance and disappointment
- Commit to building a “bank account” of good experiences over the holidays so that you begin the new year fully connected and eager

Take time to choose your gifts for each other carefully, focusing on what the other would like to receive, rather than what you think they need. And remember, the greatest gifts are safety, presence and a sense of togetherness as a couple or a family.

eNEWS

FREE: Receive a great tool for evaluating your relationship when you share Common Vision! Forward Common Vision to 5 or more people, then e-mail us at 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

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

IRELAND

DUBLIN:

- November 17-19, 2006
- 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.