



## eTIP

A practical monthly resource for deepening your relationship

### Create Your Ideal Relationship

Someone once asked Socrates, "How can I get from here to Mt. Olympus?" Socrates replied, "Make sure each step you take is going in that direction!"

The first step in realizing your ideal relationship is to identify your "Mount Olympus." Create a common vision of where you and your partner want your relationship to be. Then together identify steps that take you in the direction of that destination. Start small.

**Step One:** *Co-Create a vision of where you'd like to be in 6 months.*

- Write three phrases beginning with "We" that describe in present tense what you'd like your relationship to be. It could be something like:
- "We are happy. We have fun. We communicate well."

**Step Two:** *Create a practical plan to move you toward your goal, using the same type of statements. For example:*

- We resolve issues when they come up.
- We enjoy a "date night" twice each month.
- We set aside at least 15 minutes a day to share and listen.

When you create a common vision for your relationship and both take 100% responsibility for following the plan, you'll find that each step will take you closer to the destination of your ideal relationship. You'll also find you're happier, healthier and more energetic!

## eNEWS

**Join us in Wisconsin for our next couples relationship workshop: Saturday and Sunday November 4 & 5 at the Bishop O'Connor Center in Madison, Wisconsin. See the website or call for more details.**

## eGUIDE

To Upcoming Couples Workshops

### CHICAGO AREA

- January 20-21, 2007
- February 3-4, 2007
- April 28-29, 2007

### IRELAND

#### DUBLIN:

- November 17-19, 2006
- March 4-5, 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 CONTACT TRS:

e-mail: 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 10 or more couples.