



Thought of the Month News & Notes

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Quotes of the Month

LOVE & MARRIAGE

Neither a lofty degree
of intelligence nor
imagination nor both
together go to the
making of genius.
Love, love, love, that
is the soul of genius.
-- Wolfgang Amadeus
Mozart

We cannot really love
anybody with whom
we never laugh.
-- Agnes Repplier

Love is like the
measles. The older
you get it, the worse
the attack.
-- Mary Roberts
Rhinehart

Saying that men talk
about baseball in
order to avoid talking
about their feelings is
the same as saying
that women talk
about their feelings in
order to avoid talking
about baseball.
-- Deborah Tannen,

You Just Don't
Understand

I have found the
paradox that if I love
until it hurts, then

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April 2009

Dear Friends,

We received a lot of feedback last month and are happy our sample dialogue resonated with so many of you. The beauty of Imago is that you realize that your experiences with your relationship are not that different from the relationships of your friends and co-workers. We are all here to love and be loved and finding our way through this maze is the challenge! We continue to relive the joy and challenge of our own journey when we relate to each of you. We are so grateful for your trust in us and willingness to share your journey with us.

A SPECIAL INVITATION: Please consider joining us at Rehoboth Beach for a second experience of the *Getting the Love You Want Workshop*. Remember it is half price the second time and there is no better place to have the experience than at the beach. You may be saying, "Why would we do it again?" Well....it is far too much information to absorb in one weekend....your relationship is in a different place now and it is time for the next step....and what better way to re-energize and deepen your connection? Many of our colleagues do the workshop every several years and always find it fresh. We frequently participate and/or assist in such experiences and always find it valuable! And, besides....*it's the beach!* We promise time for you to explore this great little town with wonderful restaurants, shops, and just a chance to walk on the beach at sunset!



Just Email or call (301-898-0527; 301-404-7711) or register on-line by clicking on the Register button on the upper left of the newsletter.

Thought of the Month

APRIL: "What Not to Say.....and How to Say It. (Part Two: Ten Things Not to Say to Your Woman")



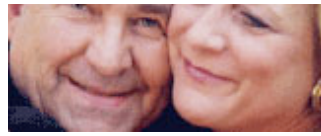
there is no hurt, but
only more love.
-- Mother Teresa

The first duty of love
is to listen.
-- Paul Tillich

Love is blind --
marriage is the eye-
opener.
-- Pauline Thomason

If love is the answer,
could you rephrase
the question?
-- Lily Tomlin

That is the best -- to
laugh with someone
because you think the
same things are
funny.-- Gloria
Vanderbilt



Okay! Here it is, men....my Top Ten list of things men say to women....what the woman hears...and what he really is trying to say (or could say instead.)

1. **What he says:**

"Just relax. It's not that big a deal."

What she hears:

"I don't care about your feelings."

What he probably means:

"If you're not happy, I'm a bad husband."

2. **What he says:**

"If you'd exercise, you'd feel better."

What she hears:

"You're too fat and I'm not attracted to you."

What he probably means:

"I really want the best for both of us and I'm trying to help."

3. **What he says:**

"Why don't these kids ever behave?"

What she hears:

"You're a lousy mother."

What he probably means:

"I'm worried about our kids and my parenting."

4. **What he says:**

"This house is a mess."

What she hears:

"You're a lousy manager."

What he probably means:

"I'm frustrated in my life and don't know how to tell you."

5. **What he says:**

"We never have sex anymore."

What she hears:

"There is something deeply wrong with you."

What he probably means:

"I miss you and the way we used to be together."

6. **What he says:**

"You bought what?"

What she hears:

"I only care about money/not what matters to you."

What he probably means:

"I'm concerned about you and I want you to be happy."

7. **What he says:**

"I'll talk to you when you calm down and are rational!"

What she hears:

"You are crazy!"

What he probably means:

"Strong feelings scare me and I don't know how to be with you."

8. **What he says:**

"Did you send my Mother a birthday card?"

What she hears:

"You are supposed to take care of everything."

What he probably means:

"I feel guilty."

9. **What he says:**

"Quit worrying...you always look fine."

What she hears:

"I don't care what you're feeling. I just want peace."

What he probably means:

"I just want to be happy."

10. What he says:

"I told you not to....!"

What she hears:

"You don't know what you need and need to be fixed."

What he probably means:

"I want to be your champion."

Good communication is partly about saying what we really mean rather than speaking out of pure emotions. It's amazing to learn that almost everything we want to express, even complaints, can be said in a safe, positive, palatable, abundant way. It takes conscious practice....and some (a lot of) "Do Overs."

REMINDER: Our next second level workshop, "The Next Step: Overcoming Reactivity" is May 2 - 3. With life the way it is....it's never too early to mark your calendars and gift your relationship with a weekend of conscious connection and increased empowerment for your Journey together.

Last note....be sure to check out the upcoming workshops in the link above. We are sure there is something there for everyone!

The Imago Process

Relationships become relaxed and joyful as day to day connection is experienced even amidst the stresses of life. The powerful bond between the couple creates a sacred space for healing and transformative growth. The trained IMAGO coach gently holds the couple as they find their way back to the marvelous impulses of the romantic days and helps them solidify their vision for the future.

Please stay in touch! Hope you enjoy the new promises and new growth of Spring!

Working to live in abundance,

David (& Donna)