



Connecting
Couples

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Thought of the Month

News and Notes



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Quotes of the Month

"I miss that feeling of connection. Knowing he was out there somewhere thinking about me at the same time I was thinking about him."
Ranata Suzuki

"He touched my soul long before I knew what his hands felt

Dear Friends,

I hope this Thought finds you and your loved ones healthy and safe. We continue to take care and try to safely visit loved ones and friends. It is so important to keep in touch and so easy to hunker down with the TV, food, our own lives that we forget to reach out to others. A neighbor noticed that the elderly woman across the street had a long way to take her rubbish bins to the street and a steep drive at that. He simply asked if she would let him take them out each week for her. What a bright and beautiful smile she gave him! Simple! Loving. Don't forget to reach out.

Keep in touch!

David (and Donna)

February: Out of Words and Into Connection

"Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure." Henri Nouwen (1932-1996)

Read this quote slowly several more times and feel yourself relax into the quietness of your own self-reflection.

This quote from one of my favorite thinkers challenges us to look at our relationships from a different angle. And it captures some of the ideas I have been coming to about intimacy and connection.

The first idea is that way too many words are often used in trying to connect with our

like.” Nikki Rowe

“Secrets make life more interesting. You can be in a crowded room with someone and touch them without touching, just with a look, because they know a part of you no one else knows. And whenever you're with them, the two of you are alone, because the you they see no one else can.” Mohsin Hamid, Moth Smoke

“Maybe that’s how we know when a relationship is real. When someone else previously unconnected to us knows us in a way we never thought or believed possible.” Iain Reid, I'm Thinking of Ending Things

“By setting aside time every day, we can leave the pixelated wilds and rest at least for a little while in a place of unplugged, authentic human connection.” Meghan Cox Gurdon

“There seems to be a trend that I have noticed. It seems the more peace and love I wish on others the more peace and love come to me.” Germany Kent

“Seek Connection Not Just Attention Because It Lasts Longer.” Wesam Fawzi

partner. Some of the deepest and most significant moments in our lives are moments when no words are used. And some of the worst moments are when we are trying to use way too many words. I’ll always remember the scene of the old farmer and his farmer son right after the son’s wife died of a heart attack while birthing twin girls. The farmer just heaved with grief as he held his son for the longest time. No words from anyone as surgeons and nurses watched in the hallway of the UVA cardiac wing.

Some of the life changing moments in our workshop and in private work with couples is where time stops and no words are used. Words cannot capture the first glimpse of the grand canyon, or the first view of our newborn, or one of those breakthroughs in our understanding with our partner.

The second idea is the false notion we have that speaking is always what helps people....As though people are in need of our wisdom. My emerging idea is that listening is often the better healer.

The third idea is that we sometimes confuse closeness with symbiotic enmeshment. It’s like if we were always in agreement on everything then we would be closer. Actually, it is when we genuinely recognize, accept, and celebrate how different we are that real closeness starts happening. I have used the phrase “caring detachment” with couples and parents to help them remain connected and nonreactive.

Now a few challenges for us to try if we are ready to stretch out of our comfort zone:

1. Spend 15 minutes with yourself in silence, thinking about nothing and solving nothing.
2. Spend 5-10 minutes with your Partner in silence, just gazing. Be aware of all your thoughts.
3. Take one day...all day... and just listen to your Partner and/or your children. If they ask you why you are being weird, just tell them you are practicing listening. Mirror important things that you hear.
4. Think of one way you are very different from your Partner and find a way to see it as a really good thing. Tell your Partner what you have discovered.

Notice the changes in your Space and your connection as you stretch!

If you have questions or thoughts about any of this article, please contact me.

Donna and I encourage you to sign up for our Second Level Workshop which will be on Zoom May 1 and May 2. It is called "Overcoming Reactivity" and it builds on what you already know and of course there is valuable review.

You can register here: [Intimacy Workshop](#)

Hope to see you there.

David



Be sure to watch this space or check our web site for future opportunities.

**INTIMACY VIRTUAL WORKSHOP
VIA ZOOM PLATFORM**

**Saturday, March 6, 2021
9:00 am-6:00 pm**

THE NEXT STEP: OVERCOMING REACTIVITY

May 1-2, 2021

GETTING THE LOVE YOU WANT:

April 10-11, 2021

June 5-6-, 2021

