



Connecting
Couples

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Thought of the Month

News and Notes



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Quotes of the Month

In the spring, at the end of the day, you should smell like dirt. Margaret Atwood

The beautiful spring came; and when Nature resumes her

Dear Friends,

Isn't life beautiful? We are so grateful to be where we are in this place and time and we are anticipating change and hope everywhere. At this time last year things were not going well and it was scary for all of us. Many of us lost loved ones and friends, jobs, security and it just felt like things would never be in our control again. I guess it was just a reminder that we really can't control everything.

What we can control, to an extent, is our reaction to everything happening around us. We can cling to our Partner, our children and loved ones and make sure they know they are loved and we are there for them. We can ask that they be there for us. The intimacy of just this trust is so vital to our well being. This Thought is a further discussion of how our expectations can get in the way of true intimacy.

I hope it helps and gives you some insight into your relationships. Please let me know how it goes!

Keep in touch!

David (and Donna)

April: The End of Expectations, the Beginning of Intimacy

[When we shared this concept about expectations at our workshop last year you could feel the world stopping for](#)

loveliness, the
human soul is apt
to revive also.
Harriet Ann Jacobs

People ask me
what I do in
winter when
there's no
baseball. I'll tell
you what I do. I
stare out the
window and wait
for spring. Rogers
Hornsby

Spring won't let
me stay in this
house any longer!
I must get out and
breathe the air
deeply again.
Gustav Mahler

No matter how
chaotic it is,
wildflowers will
still spring up in
the middle of
nowhere. Sheryl
Crow

Spring has
returned. The
Earth is like a child
that knows
poems. Rainer
Maria Rilke

My heart is in a
world of water and
crystal, My clothes
are damp in this
time of spring
rains. Du Fu

our 18 participants. To drop your expectations just feels impossible, counter-intuitive, and not even desirable. I could almost hear the "yes, buts" forming in people's minds.

Let me make the case for dropping expectations.

Intimacy (or Into Me See,) as I like to think of it, has one requirement. That requirement is SAFETY. We can have many things in a relationship without feeling safe, but intimacy is not one of them.

Safety is born out of unconditional love. Unconditional love means.....well.....no conditions. We could substitute the word expectations for conditions. There can be no conditions for intimate relationships. Thus no expectations.

This is different from the relationship of parenting or coaching a team. Expectations in these realms are needed to shape and help people learn and become. These are hierarchical relationships in which one has information about the other that the other needs.

In the non-hierarchical relationship of adult intimacy, there is no need for shaping or expectations. My Partner already knows what she needs without me telling her. She even knows what I need in most cases. And any expectations that I hold are likely to be experienced as (guess what...) criticism. It's actually comical that we hire our partner (fall in love) because they are a certain way, and then later criticize them for being just that way. It would be like getting a puppy because of her cute bark and later rejecting this dog for barking too much.

Expectations which are unmet lead to anxiety and resentment. It's been said that every expectation in an intimate relationship is the seed for a future resentment. And trust me...many of your expectations will be unmet. And the resulting anxiety ensues for both the "expectee" as well as the "expected." Now each has all this anxiety to deal with and there is no room for safety and the normal impulses of intimacy, such as empathy, generosity, physical affection, respect, and all the other good things.

Now you may be saying to yourself "I don't think I have harmful expectations for my Partner." Good for you! Now, go into a small room by yourself, quiet your mind and enter your heart of hearts for a time. See if there are any of those "justified" expectations that you are carrying without actually speaking. Things like 'I expect her to have sex with me' or 'I expect him share his feelings with me.' I believe we carry expectations that we don't even know about.

Do me a favor. End all your expectations of your Partner for a week. Yes, I said "All". Accept your Partner for a week JUST AS THEY ARE. Tell them what you are doing. And then watch things change. (And give me a report, please. Thanks!)

Hope to see you (again!) soon.

David



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

THE NEXT STEP: OVERCOMING REACTIVITY

May 1-2, 2021

GETTING THE LOVE YOU WANT:

June 5-6-, 2021

