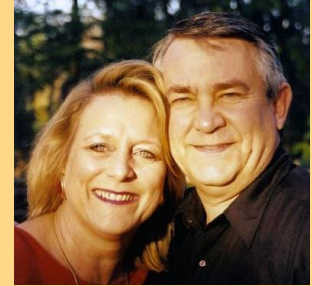




Thought of the Month News and Notes



September 2021; Issue #148

In This Issue

[Thought of the Month](#)

[Upcoming Workshops](#)

[Quick Links](#)

[Register for Workshops](#)

[Be Sure to "Like" Us on Facebook](#)

Quotes of the Month

**"Love takes off masks that we fear we cannot live without and know we cannot live within."
James Baldwin**

"Love yourself first and

Dear Friends,

I hope you are enjoying these cooler days. We love to take a walk down the lane as the leaves begin to change color. It feels like each season is a new beginning. Along with the ideas presented last Thought, I wanted to continue to challenge you to think about Intimacy and some of the barriers to intimacy as well as to give you some steps you can take to better achieve intimacy in your relationship.

Let me know what you think about these ideas.

Keep in touch!

David (and Donna)

September: Competition or Connection?

I have noticed over the years that some couples' relationships are characterized by a certain subtle or not so subtle form of competition. It could be over who does the most for the relationship, or it could just be an implicit feeling of not getting enough of my needs met. Competitive feelings are a hindrance to true connection and intimacy.

We offer the following guides to help you have a clean and unconditional relationship. Also see *The Mastery of Love* by Miguel Ruiz for a treatise on pure loving.

SIGNS OF A COMPETITIVE RELATIONSHIP

1. You are secretly unhappy when your Partner enjoys a success or accomplishes something independent of you.
2. You are secretly happy when your Partner is "brought down" a notch or fails at something.
3. You feel the need to "one-up" your Partner in one or more areas of life.

everything else falls into line. You really have to love yourself to get anything done in this world." Lucille Ball

"The most important thing in life is to learn how to give out love, and to let it come in." Morrie Schwartz

"Love will find a way through paths where wolves fear to prey." Lord Byron

Love is sharing your popcorn. Charles Schultz

"If I know what love is, it is because of you." Herman Hesse

"I love you not because of who you are, but because of who I am when I am with you." Roy Croft

"Love is a friendship set to music." Joseph Campbell

"We are shaped and fashioned by what we love."

4. You and your Partner are not "on the same page" about many things.

5. You tend to do most things separately.

6. You find that you and your Partner keep score on little things (e.g. who took the kids to soccer most; who has cleaned the toilet most often).

7. You feel that your Partner is not as interested in you and your World as others are.

8. You and your Partner are often pointing out each other's flaws.

9. You and your Partner have secrets about habits, behaviors, decisions, etc.

10. You want to let your Partner know others find you more interesting, attractive, smart, funny, etc.

11. You find yourself seeking to win (or compromise) rather than seeking mutual understanding and agreement when you have a conflict.

12. You and/or your Partner often make an effort to dominate the Other in large or small ways.

13. You and/or your Partner attempt to make each other feel guilty for things like working, spending, relaxing, etc.

14. You and/or your Partner often communicate using sarcasm, put downs (even "friendly" ones), "constructive criticism", etc.

MOVING FROM COMPETITION TO CONNECTION

"You can't have an intimate, emotionally close relationship based on competition." Abby Metcalf

1. Show up and attend (e.g. honor, nurture, cleanse) to your Space daily (regardless of how you "feel" OR how your Partner is "behaving".)

2. Focus on fulfilling your Space rather than yourself.

3. Surrender the idea of your Partner meeting your needs.

4. Replace "taking turns" and/or "keeping score" with generosity.

Ensure that you consistently and frequently contribute warmth, humor, compassion, effort, love, thoughtfulness, empathy, ownership, forgiveness, curiosity, and energy to your Space (regardless of how you "feel" OR how your Partner is "behaving".)

SIGNS OF AN INTIMATE RELATIONSHIP

"Love is the willingness to extend yourself for the sake of another." Scott Peck

1. Intimacy is knowing your Partner deeply and feeling

**Johann Wolfgang
von Goethe**

**Romance is the
icing, but love is
the cake.**

**Love is the same
as like except you
feel sexier. Judith
Viorst**

**Romantic love is
mental illness. But
it's a pleasurable
one. Fran
Lebowitz**

known.

2. Demonstrating the courage to step into the terror of being vulnerable with your Partner.

3. Validating your Partner rather than the need to change him/her in fundamental ways.

4. Understanding that differences are opportunities for discovery and connection.

5. Prioritizing and committing to providing absolute emotional safety for your Partner.

6. Celebrating joyfully and authentically your Partner's successes and delights.

7. Having the ability and desire to create and share fun and delight with your Partner.

8. Accepting 100% responsibility for the Relationship 100% of the time.

9. Recognizing and holding joy and pain simultaneously.

10. Seeing and speaking to your Partner's Essence rather than their adaptations.

11. Developing and demonstrating compassion for your Partner's Story.

12. Exploring and owning your own Story.

As always, I love your feedback.

Respectfully,

David



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

GETTING THE LOVE YOU WANT:

November 12-14, 2021

January 22-24, 2022

ADVENTURES IN CONNECTION GROUP

CHECK US OUT HERE

