

MORE LUV BYTES



SOME REALLY COOL REMINDERS TO KEEP YOUR
RELATIONSHIP **HOT** ! . . .

How to Share What's in Your Heart With Your Spouse

It's easy to share your thoughts, the information that's in your brain. However, it is not so easy to share the depth of your feelings that live in your heart.

Here's How:

- ♥ Recognize the difference between thoughts and emotional (not physical) feelings.
- ♥ Use the "I think vs. I feel" rule. If you can substitute the words "I think" for "I feel" in a sentence, then you have expressed a thought and not a feeling.
- ♥ Name the feeling. Use a list of feeling words if this is difficult.
- ♥ Describe the feeling by writing it in such a way that your spouse can experience your feeling to the same degree.
- ♥ Share your feeling with your spouse.
- ♥ Accept that feelings are neither right nor wrong. It's the behavior that results because of the feeling that has the morality.
- ♥ Accept that feelings come and go and change quickly.
- ♥ Try to not judge yourself or your spouse because of feelings.

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are neither right nor
wrong. It's the
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Tips:

- ♥ Rejecting a feeling is rejecting the person feeling it. Don't say things like "Don't worry, be happy" or "You shouldn't feel that way."
- ♥ Don't make decisions based on feelings.
- ♥ Share your feelings with each other daily.

Do You Focus on Facts or Feelings?

*Dr. Tom Zimmerman, M.A., DMin.,
Author of "Heart to Heart: 7 Steps to Intimacy"*

Have you ever tried to fix your partner's life and he/she doesn't really appreciate it? For marriages to thrive, couples need to feel emotionally close to one another. This sense of emotional intimacy is strengthened as we learn to communicate effectively and express our care for each other.

- ♥ We tend to get FACTS and FEELINGS mixed up. Factual things can often be fixed...like calling the plumber when the drain is plugged or taking the trash out...or getting the math problem solved...or deciding who will pick Johnny up from school.

If your partner asks/share something factual, you should respond on the factual level: "We can pick him up at 4:30." Facts can be "fixed" and are best answered with facts.

- ♥ If you partner shares a feeling: "I'm really upset about how my co-worker criticized me!", you should respond with a caring feeling: "I'm sorry this hurt you...would you like to tell me about it?" Don't try to "fix" a feeling, instead listen and share empathy.

When we try to fix hurt feelings, it doesn't work too well. When someone is sharing a feeling, they often don't want someone to fix it, but to listen to them and care about it.

- ♥ Try to identify if it is FACTS or FEELINGS you are hearing. Most marriage communication is a combination of facts and feelings. A good rule of thumb is this:

Answer FACTS with FACTS...

Answer FEELINGS with FEELINGS.

- ♥ In many situations you have a choice whether to push the fix it button or the listen button. Which one do you most often push, when you are confronted by a situation at home?

There are many times we simply can't fix it for our partners. Often you may want to, you may feel powerless that you can't do anything. Please realize that often the most powerful, loving thing you could possibly do is to actively listen to your wife...to your husband.

- ♥ Your goal in listening is to understand and to connect with your partner. By listening to his / her concerns, you communicate that you care and you have respect for your partner. This active listening and caring opens the door for deeper intimacy between you..

LOVING INVITATION . . .

(Requires a LOVING response!)

Send **POST WEEKEND LISTS** and any **changes or corrections** on the leadership rosters to:

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WEEKEND DATES & CHANGES TO:**

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- Issues will be mailed only to those who annually renew their subscription with a \$10 check or money order. (See back page for full instructions on how to renew.)
- Free issues will be given to each newly encountered couple for one year.



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also

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1. Go to the ILME Home Page: www.ilme.org
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2. Click on **"ILME Post Weekend material"**
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(User name: **ILME Couples**, password: **1010**)
5. On the second page, go to **"Misc. stuff that didn't quite fit other categories,"** and you will see **"Call To Be Family"**
6. After downloading, you will need the Adobe Acrobat Reader to open it. The Acrobat Reader can be downloaded from the Resource page or from www.adobe.com

A
PRAYER
for the
WORLD



by

Rabbi Harold S. Kushner

Let the rain come and wash away the ancient grudges,
The bitter hatreds held and nurtured over generations.
Let the rain wash away the memory of the hurt, the neglect,
Then let the sun come out and fill the sky with rainbows.

Let the warmth of the sun heal us wherever we are broken.
Let it burn away the fog so that we can see each other clearly.
So that we can see beyond labels, beyond accents, gender or skin color.

Let the warmth and brightness of the sun melt our selfishness,
So that we can share the joys and feel the sorrows of our neighbors.
And let the light of the sun be so strong that we will see
all people as our neighbors.

Let the earth, nourished by rain,
Bring forth flowers to surround us with beauty.
And let the mountains teach our hearts to reach upward to heaven.
Amen.

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