

3 Secrets to Having Your Best Relationship

Rachel Moheban-Wachtel, LCSW-R

The Relationship Suite



The Relationship Suite

- Rachel Moheban-Wachtel, LCSW is a multilingual licensed individual and couple's psychotherapist in New York and New Jersey and has a private practice in New York City for 22 years. She specializes in couples/marriage counseling and relationship issues and provides in-person and virtual counseling. She is certified in Critical Incident Management and has also worked for over 20 years as an Employee Assistance Counselor and Trainer for various companies assisting and counseling employees and managers with work related issues. Rachel has also developed audios and workbooks for her corporate clients on how to effectively communicate and manage anger in the workplace. For more information visit www.RelationshipSuite.com

Learn Different Ways to Communicate with your partner



Relationship Problems

When relationship problems take root, too many couples *overcorrect* by sidestepping open dialogue and going into

Instead of engaging each other in an open dialogue about your concerns, you start a strategy session about how to fix each other.

Surprisingly, the majority of your problems (or arguments) that you experience do not demand problem solving.

problem-solving mode.

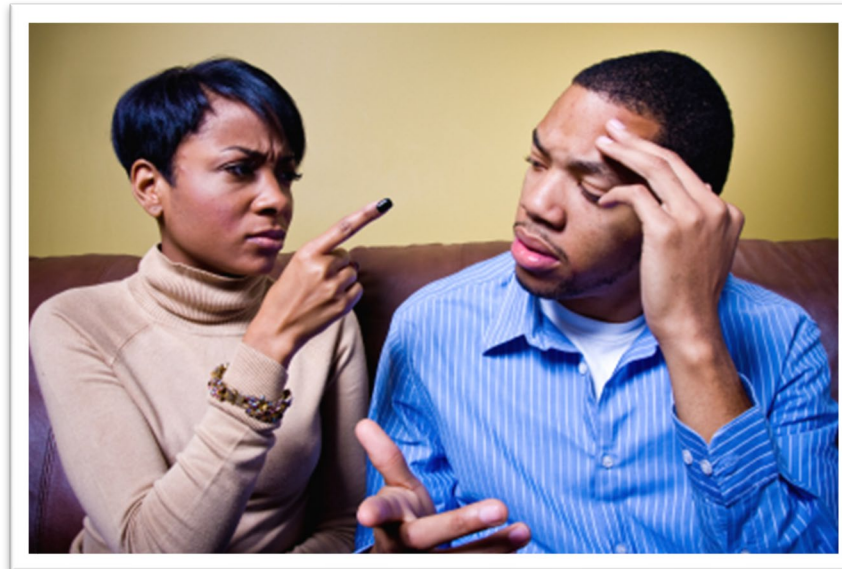


Solutions

- When talking about issues it's important to put all relevant facts and feelings on the table so you can lay the foundation for working together as a team.
- When you see the other person's reality and respect each other's point of view and see it as a way to enrich your own, you will enjoy binocular instead of monocular vision.

Pent-Up Frustrations

- If you feel someone is not hearing you or concerned about your feelings, frustration can fester inside of you.
 - These frustrations can come to the surface and drown out your real message.



The Speaker-Listener Technique

- ***The Speaker-listener Technique is a communication technique created by Howard Markman, Scott Stanley, and Susan Blumberg.***

➤ This technique offers you an alternative way of communicating when issues are hot or sensitive or likely to get in the way.

— Any conversation in which you want to enhance clarity and safety can benefit from this technique.



Rules

Rules for Both

- ***The Speaker has the floor.***
 - Use a specific object to represent the “floor”
- ***Share the floor.***
 - You share the floor over the course of a conversation.
- ***No problem solving.***
 - Focus on having good discussions, not on trying to come to solutions.

Rules for the Speaker

- ***Speak for yourself.***
 - Try to use “I” statements and talk about your own point of view and feelings.
- ***Don’t go on and on.***
 - Keep what you say in manageable pieces.
- ***Stop and let the Listener paraphrase.***
 - If the paraphrase was not quite accurate, you should politely and gently restate what you meant to say in a way that helps your partner understand.

Rules for the Listener

- ***Paraphrase what you hear.***
 - Make sure you understand what was said.
- ***Don’t rebut.***
 - When you are the Listener, *your* job is to speak only in the service of understanding your partner.
 - Any words or gestures to show your opinion are not allowed, including making faces!

Conversation

- **Make your conversation a two-person affair.**
- Your colleagues, friends or co-workers might have thoughts or opinions about the persons personality quirks.
 - Do not use others' subjective opinions in your conversation as supporting evidence.

Positive Warm-Ups

It is vital to communicate compliments, appreciation and other positive feelings

People must keep the proportion of positives to negatives 4:1 if they are to maintain positive feelings for each other.



Positive Warm-Up Examples

One of the things I like best about you is...

One of the things I admire about you is...

I like you most when you...

I like the way you look when you...

I'd like to thank your mother and father for making you...

One of the things I've learned from you is...

One of your strengths that I've benefitted from is...

One of the ways you compliment and balance me is...

You make me happy when you...

One of my fondest memories about us is...

One of your most endearing qualities is...

Discover ways to Deescalate Arguments with Your Partner



Anger

Anger is a cunning thief. Whether it sneaks into a conversation or violently barges into an interaction, it will steal the happiness out of your relationship if you do not know how to express it in a healthy manner. When your anger gets too intense, stop whatever you're doing and walk away.

Learn how to identify your style of anger expression and emotional triggers

Discover the source of your anger and learn cognitive techniques to establish boundaries to manage your anger effectively

So how do we deal with Anger in our Relationships?



Definition of Anger

- **Matthew McKay, and Peter Rogers define Anger as:**
 - A response you learned early in life to cope with pain.
 - A way, however temporary, to overcome feelings of helplessness and lack of control.
 - If expressed destructively, a habit that, up till now, you've lacked the tools to break.
- An angry relationship is one in which anger defines the emotional tone of the partnership and is the couple's primary style of interaction.

Five Faces Of Anger Expression

Passive-Aggression

You tend to withhold from others when you are angry by failing to do what they want, being late or otherwise holding back. You minimize or deny your anger when others express frustration or question your actions.

Sarcasm

You use sarcasm, biting wit, or “humorous” putdowns as a way of expressing your anger indirectly. Your facial expression or tone of voice may convey disgust or criticism, which you deny. When others find your comments or actions hurtful or complain about them, you may accuse them of being too sensitive or minimize their feedback.

Cold Anger

When angry, you refuse to talk things out and may withdraw from others, with minimal or no contact for hours or days at a time. You may secretly enjoy punishing others by making them work to get you to respond to them, but you do not admit it.

Hostility

You handle stress poorly, often act it out with a loud, forceful voice. You are not shy about expressing disgust and disapproval when people or situations do not meet your expectations. You may sigh, roll your eyes and, in general, make nasty comments that others often find stressful and intrusive.

Aggression

Whether you intend to or not, you act in a manner that may intimidate or harm another person, either emotionally or physically. Yelling, name calling and putdowns may threaten or intimidate your spouse, friend, or coworker. Physical aggression - such as physically blocking, holding, pushing, hitting or restraining another person without their permission - is also a sign of this form of anger.

Maintain an Anger Journal

“What is triggering my anger?”

Your anger trigger is unique.



Maintain an anger journal

If you become more aware of your triggers, as well as the thoughts, emotions, and physical responses that you experience during episodes of anger, you can proactively gauge anger levels and unearth what is triggering your emotions before they reach unhealthy levels.

Common Anger Triggers

Someone attacking your ***self-esteem*** through verbal or even physical abuse.

Someone or something preventing you from ***reaching a desired goal***.

This triggers more anger if you feel you're entitled to that goal or if the goal is something you're strongly committed to.

Someone violating your ***basic moral principles of fairness, equity, honesty and responsibility***.

The more strongly committed you are to these values, the angrier you become.

A situation where you feel ***helpless*** or unable to correct something that has gone wrong.

List of Emotions

Guilt: A sense of doing something wrong.

Shame: A deep feeling of being unacceptable, flawed or contemptible.

Hurt: A feeling of being devalued or denigrated by others.

Loss: A feeling that something you needed or counted on is lost or missing.

Hunger/Frustrated Drive: An aching for something; a strong sense of incompleteness.

Helplessness: The feeling that there's nothing you can do about your pain; crucial elements of your life are beyond your control.

Anxiety/Fear: A dread of something that could happen; a sense of danger; a fear of certain things or situations.

Feeling Unworthy: A sense that you aren't good enough, that you are bad, wrong or without intrinsic value.

Emptiness: A sense of numbness or a hollowness that requires constant attention and activity.

The First Major Cognitive Technique

Stay Focused

When you speak out in anger, you may lose sight of the issue or circumstance that initially provoked you.

The more intense your anger, the more likely the emotion will distract you from the issue at hand.

Keep your eye on the ball, and your conversation and emotions are less likely to get out of control.

The Second Major Cognitive Technique

Call a Timeout

Don't be afraid to call a timeout when you're getting too angry.

It's a way of preventing from damaging your relationship when you know your talk is likely or has already eroded into a counterproductive discussion.

I suggest that you not only agree to this ground rule, but also agree on the specific signal that will mean a timeout or pause for the two of you.

It's very important that when you decide to take a timeout and talk later, set the time to talk right then.

The person who calls the timeout is responsible for setting up a time to talk in the near future.



The Third Major Cognitive Technique

Defuse the Situation

Come up with a label to identify the intensity of your anger.

Start by saying “I feel...” Don’t say, “I think...” What you’re going for here is your feelings, not your thoughts about how obnoxious the other person is.

Identify the thing that triggered your anger.

Ask yourself what it would take to help you return to a non-angry state.



How to Stop an Argument Before It Starts

Find the intention in the message

Fights often develop from reading into something someone is saying. So stick to the content of what is being said. Do not read into your partner's statements. Stick to the facts and avoid adding your own opinions and interpretations. If you do not understand what the meaning or the reason something is being said, ask questions about it before jumping to assumptions.

Be aware of how you are feeling before you speak

It is important to be cognizant of how you feeling before you talk or respond to what someone is saying so you are not responding to them with what you are thinking or feeling.

When a topic comes up that is hot button topic, meaning subject matter that has caused arguments or problems in the past or that triggers immediate intense reaction, it is important to gauge how you are feeling by using the acronym HALT. Take a second to decipher if you are Hungry, Angry, Lonely, or Tired. This will give you some to get yourself in a more positive state of mind before you talk to your partner.

Think positively about your partner

What we feel impacts how we think. If we feel our partner does not have our best interest in mind this will have a negative impact on how we communicate or how we perceive what our partner is saying. So, assume only the best for your partner and use evidence from the past to remind you about their kindness and best interest and intentions. In response, how would you react to someone to who thought so highly of you? You probably wouldn't ruin a peaceful dinner to start an argument about dry cleaning.

Increase intimacy in your relationship

Facts and findings about physical intimacy in marriages

Strategies to create more intimacy in your relationship



Statistics

Contrary to cultural myths, and those perpetuated in the mainstream media, boredom and age are not the reasons why couples have a low sex drive.



Potential Scenarios

- You and your partner are having “maintenance sex”—intimacy for physical pleasure rather than an emotional and physical connection.
- The thought of your partner, or being physically intimate with your partner, no longer arouses or excites you. It may even cause feelings of anxiety.
- The frequency of physical intimacy has dropped to once or twice a month, or less.

If these scenarios ring true for you, you are among more than 40 million Americans stuck in a low-sex or no sex relationship.

No-Sex & Low-Sex Marriages

- Contrary to popular belief, **1 in 3** women and **1 in 7** men report inhibited sexual desire.
- A no-sex marriage does not mean total abstinence, but that sex occurs less than 10 times a year.
- A low-sex marriage means being sexual less than every other week.
- Less than 25 times a year.
- **20%** of married couples have a no-sex relationship.
- An additional **15%** of married couples have a low-sex relationship.
- **33%** of non-married couples who have been together more than 2 years have a no-sex relationship.

A Common (but Chronic) Problem

Inhibited sexual desire can affect you if you are in the dawn of your relationship or have been married for years.

The longer you avoid physical intimacy, the harder it is to get it back.

Your partner will be ashamed of this common relationship problem, as will you.

This foments the cycle more.



Strategy - Don't Blame Your Partner

Frustration often mounts when your physical and emotional needs are not met.

Blame and guilt plague a relationship.

It is easier to point the finger at your partner than to question how your sexual inhibitions contributed to the problem.

Intimacy is a collective experience shared by partners, not individuals. Whatever brought you to this level of physical intimacy was done as a couple. You must fix it as a couple



Strategy - Creating Emotional Intimacy

When you desire more passion from your relationship, you are really craving more emotional intimacy from your partner.

Men and women share this need equally.

It's important to replace romantic love with emotional intimacy after the *Romantic Love Stage*, which usually fades within the first year.

Emotional intimacy means accepting your partner's strengths and weaknesses.



Strategy – Intimacy Dates

You and your partner can snap out of the *Sleep Stage* to restore your physical and emotional connection with *Intimacy Dates*.

The trick is that these stress-free *Intimacy Dates* can be spontaneous or planned.

There is nothing unromantic or forced about making a date to reconnect with each other.

Intimacy Dates are organic experiences to foster physical and emotional intimacy between you and your partner.

They are not about rules or format.



Emotional Intimacy

How to develop deeper connections and healing for you and your relationship

Ten Characteristics of a Conscious Marriage



Conscious Relationship

According to Harville
Hendrix:

“A conscious marriage is a marriage that fosters maximum psychological and spiritual growth; it’s a marriage created by becoming conscious and cooperating with the fundamental drives of the unconscious mind: to be safe, to be healed, and to be whole.”



Ten Characteristics of a Conscious Marriage

1. You realize that your love relationship has a hidden purpose—the healing of childhood wounds.
2. You create a more accurate image of your partner.
3. You take responsibility for communicating your needs and desires to your partner.
4. You become more intentional in your interactions.
5. You learn to value your partner's needs and wishes as highly as you value your own.
6. You embrace the dark side of your personality.
7. You learn new techniques to satisfy your basic needs and desires.
8. You search within yourself for the strengths and abilities you are lacking.
9. You become more aware of your drive to be loving and whole and united with the universe.
10. You accept the difficulty of creating a good marriage.

The Relationship Suite

We are a group of skilled experienced therapists specializing in couples/marriage counseling. Since Covid started we have been working with couples providing Online/Virtual Couples Counseling in New York and New Jersey

Learn more by going to our website:

www.relationshipsuite.com

Schedule a complimentary consultation by emailing me at Rachel@therelationshipsuite.com or calling me at 917-273-8836

Free gift: Go to: www.relationshipsuite.com

Tame your temper and Regain your Connection to create more Intimacy in your Relationship. Let me teach you the keys to a long-term relationship, to get started and receive your click here <http://www.relationshipsuite.com/intimacy/>

The screenshot shows a Chrome browser window displaying the website www.relationshipsuite.com. The page is divided into three main sections:

- PRACTICE DETAILS:**
 - Chelsea Location:** 352 7th Avenue, Suite 1111, New York, NY 10001, 917-273-8836, Rachel@TheRelationshipSuite.com
 - Upper West Side Location:** 241 Central Park West, Suite 1C, New York, NY 10024, Rachel@TheRelationshipSuite.com
 - Virtual Counseling Services also provided in the State of New Jersey
 - Evening and Weekend Appointments Available
- FROM THE BLOG:**
 - How to Overcome Jealousy in Your Relationship**
 - How Long Will I Be in Couples Therapy?**
 - 7 Reasons Why You Should Consider Premarital Counseling**
 - 3 Ways To Keep Your Relationship Healthy**
- Subscription Form:** A blue box titled "Get Your Free Guide: 'To Beat the Bickering'" containing the text "Learn the Key to a Vibrant and Happy Relationship", a "Your Name" input field, an "Enter email address" input field, and a "SUBSCRIBE" button.

The browser's taskbar at the bottom shows various application icons, and a "Book C" label is visible in the bottom right corner.

Your Employee Assistance Program

Call toll-free or visit us at

24 hours a day/7 days a week

Thank you!

CONFIDENTIAL INFORMATION

The information presented in this presentation is confidential and expected to be used solely in support of the delivery of services to Magellan members. By receipt of this presentation, each recipient agrees that the information contained herein will be kept confidential and that the information will not be photocopied, reproduced, or distributed to or disclosed to others at any time without the prior written consent of Magellan Health, Inc.