

3 Secrets to Having Your Best Relationship

Welcome everyone, to three secrets to having your best relationship. My name is Melanie, I will be the moderator for today's event. Our guest speaker, Rachel Moheban-Wachtel, I will introduce in just a moment. So, we are very happy to have you here. We want to let you know we are recording the session. It will be available in 2 to 3 business days on your EAP website. So, Rachel Moheban-Wachtel is a multilingual license individual and couples psychotherapist in New York City and New Jersey. She has a private practice for 22 years. She specializes in couples and marriage counseling, relationship issues, and she provides in-person, and virtual counseling. She also provides critical incident stress management. And she has been part of the EAP for 20 years as an employee assisting counselor, and as a trainer for many different companies, assisting people, employees and managers with work-related issues. Rachel has also developed audio work is, audios and workbooks for corporate clients on how to effectively communicate and manage anger in the workplace. So, for more information you can click on the Livelink at the bottom of the slide. That will take you directly to Rachel's slide. I am now going to hand it over to Rachel. It will be addressing your technical questions, she begins to speak. Take away, Rachel.

Thank you so much, Melanie. Hi everybody, thank you for being here. Welcome to the three secrets to having your best relationship. By the way, the site may not load right now, my site, so hopefully by the end of our webinar, it will. If you are trying to go on the relationship suite now, it may not work. It will be back up in a minute. Hopefully. Anyway. Our first secret to having your best relationship, is learning different ways to communicate with your partner. So, when relationships take root, too many couples over correct by sidestepping open dialogue, and going into problem-solving mode. So, instead of engaging each other in an open dialogue, about concerns, we try a strategy session about how to fix each other. Surprisingly, the majority of our problems or arguments, that we are experiencing do not demand problem-solving. So, the solutions are, when talking about issues. It is important to put all of the relevant facts and feelings on the table, so you can lay the foundation for working as a team you want to be very clear about what you are upset about. And, when you see the other person's reality, and respect the other's point of view, and see it as a way to enrich your own. You will enjoy binocular, instead of monocular vision.

If you feel that someone is not hearing you, or concerned about your feelings, frustration can fester inside of you. These frustrations can come to the surface, then drown out your real message. So, I want to introduce to you the speaker listener technique. It is a communication technique created by Howard Markman, Scott Stanley and Bloomberg. It 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. So, the key is, as I mentioned before, it is not so much about fixing the issue, it is about putting it out there, and using a technique like this, so that you can process whatever the issues are. The sensitive issue. So, the way it works, as there are rules for both. Speaker and the listener. The rules for both is, the speaker has the floor. You want to use a specific object to represent the floor. And you want to share the floor. You share the floor over the course of the conversation. And of course, no problem-solving. You want to focus on having good discussions, not on trying to come to solutions. That is the kicker, the important thing. Now, rules for the speaker, you want to speak for yourself. When you have the floor, you want to use I statements, you want to talk about your own point of view and feelings. Do not go on and on. You want to keep what you say in manageable pieces. You want to stop and let the listener paraphrase. If the paraphrase is not quite accurate you want to politely and gently restate what you meant to say in a way that helps your partner to understand. Those are rules, for the speaker. Paraphrase what you hear. You want to make sure you

understand what you said. When you are the listener, your job is to speak only in the surface of understanding your partner. Any words or gestures to show your opinion are not allowed, including making faces. This speaker listener technique, is a very good way, of processing with your partner, and letting each of you have a turn to speak. And making sure, that the other partner is listening through the paraphrasing. You also want to make your conversation a two-person affair. Colleagues, friends or coworkers might have thoughts or opinions about the person, or personality quirks. Do not use other subjective opinions and your conversation as supporting evidence. That is very important. You always want to speak to your partner. This is how I feel, this is how I am affected. You don't want to make your conversation a two-person affair. Positive warm-ups. It is vital to communicate compliments, appreciation, and other positive feelings to your partner. People must keep the proportion to positive to negative 4 to 1. That means four positives to one negative. If there me able to maintain positive feelings for each other. Many times, as a couples therapist. I hear couples complaining. Where one partner, it's always negative, it is always negative.) I always have something negative to say about me. We want to shift that. Here are some examples of positive warm-ups. You can open up one of these positive warm-ups. When you want to start to talk about the very sensitive, serious topic with your partner. So examples are, one of the things I like best about you is. And then, you get into that, and you share. There is something I want to talk to about. One of the things I admire about you is. I like the way you look when you, I likely, think your mother and father. One of your strengths, that I benefited from is. One of the ways you complement and balance me is, you make me happy, one of my fondest memories about as is, one of your most endearing qualities. You want to really use these positive warm-ups. It does help, even if you have a very strong relationship with your partner. It is never enough, to hear your partner tell you how much they love you, and how they might you. He knows already, she knows already. Repeated, it is never enough time to hear positive warm-ups.

Another secret to having your best relationship. Is discovering ways to de-escalate arguments with your partner. So, 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. So, when your anger is getting too intense, you want to stop whatever you are doing, and you want to walk away. You want to learn how to identify your style of anger expression and emotional triggers. You want to discover the source of your anger. You want to learn positive techniques, to establish boundaries so you can manage her anger effectively. How do you deal, how do we deal with anger in our relationship Matthew McKay and Peter Rogers define anger as: a response that you learned early in life to cope with pain. Away, however temporary to overcome feelings of helplessness and lack of control. And, if anger is expressed destructively, a habit that, up until now, you have lacked the tools to break. An angry relationship is one in which anger defines the emotional tone of the partnership and is the couples primary style of interaction. If we learn how to manage this, and de-escalate, that is her second secret to have our best relationship. Anger is healthy, to how we express it. We can actually create a lot of tumult. And tension in the relationship. I want to talk about five things of angered expression. We can have a mix of these. We can express our anger and one of these ways. These are unhealthy ways of expressing our anger. The first is passive aggression. Right. You tend to withhold from others. When you are angry, by failing to do what your partner wants. Being late, or otherwise holding back. You minimize or deny your anger, with when others express frustration. Or they question your actions. That is being passive aggressive. Then, there is sarcasm. Biting wit or humorous putdowns. A way of expressing your anger indirectly. Your facial expression or tone of voice, may convey discussed her criticism, which you deny, when others comment or actions are hurtful. Or complain about them. He may accuse them for being too sensitive, or minimizing their feedback. That is being sarcastic. Are using sarcasm as a way to express anger. Another base of anger expression is called anger. This is one you refuse to talk things out. Or, you withdraw from others. With or no contacts for hours or

days at a time. This is a very dangerous way of expressing anger, and actually, when I work with my couples, in counseling, I always tell them, you have to talk things out. You do not want to take too long to do it. That cold anger can take on a life of its own. So, we want to make sure, right. Your partner may feel, you are secretly enjoying punishing them. Or, making them work to respond to you. But, you are not admitting it, right. A very poor way of expressing anger, or cold anger. And, very unhealthy for the relationship. Another space of anger expression, his hostility. You handle stress poorly, often acting it out, with a loud, forceful tone. You are not shy about expressing disgust and disapproval, when people or situations are not meeting your expectations. You may sigh, roll your eyes. And in general, make massive, nasty comments that others find stressful or intrusive. And then, of course. A very poor way of anger expression, is, the last phase, aggression. Whether you intend to, or not. Act in a manner, that may intimidate or harm another person, either emotionally, or physically. Yelling, name-calling, and putdowns, may threaten or intimidate you. Your spouse, friend, coworker, physical aggression, such as physically blocking, pushing, hitting, or restraining another person without permission. This is also a sign and form of anger. These are the five faces of anger expression. In order to manage this, we want to maintain an anger journal. What is triggering my anger? An acute trigger is unique. You want to maintain an anger journal. If you become more aware of your triggers. As well as the thoughts, the emotions, and the physical responses, that you experience during episodes of anger. You can proactively gain anger levels. And unearth what is triggering the emotion before they reach these unhealthy levels. Right. So, in order to be in charge, and try and control the unhealthy ways of expressing anger, we want to try to maintain an anger journal. Common anger triggers we want to be aware of, okay. Behind her anger, what is going on. One may be attacking her self-esteem. Through verbal or even physical abuse. Someone or something, is preventing you from reaching the desired goal. This triggers more anger, if you feel entitled to that goal, or if the goal was something you were strongly committed to. Another common anger trigger, someone filing your basic moral principles of fairness, equity, honesty and responsibility. The more strongly committed you are to those values. The angrier you are going to become. And, another common anger trigger, is a situation where you feel helpless. Or unable to correct something that has gone wrong. So, all of these are anger triggers, that you want to be aware of. What is triggering my anger. So that you can put it in your anger journal. These are a list of emotions, that are underneath anger. When I took counseling with my couples. This, these emotions, is what I am trying to get out. When your partner actually hears what is behind me, behind the anger. The whole tone shifts. Everything shifts. A list of emotions under the anger can be a sense of doing something wrong. Shame. A deep feeling of being unacceptable, flawed, or contestable. Hurt. A feeling of being devalued or deprecated by others. Feeling of loss. His loss or missing. It is thinking for something. A strong sense of incompleteness. Another emotion behind anger is a feeling of helplessness. The feeling, that there is nothing you can do about your pain. Crucial elements of your life, are beyond your control. And, there is exciting in fear. The dread of something that could happen. A sense of danger. A fear of certain things, or situations. And then, of course, very common emotion underneath anger. Is feeling unworthy. Feeling you are not good enough. That you are bad, wrong. Or without value. Or, emptiness. Emptiness can be behind that anger. A sense of numbness, or hollowness, that requires constant attention and activity. I want to put all of this together, and just share a case example, of a couple that I was seeing and their way of dealing with their anger. And, of course, all names for the sake of confidentiality have been changed. So, my client, the name we will identify as Betty. Was expressing her anger to her partner, Bill, sorry, to her partner Larry come in a very passive aggressive way. She wouldn't answer his calls when she was angry. She would arrive late to dinners, and events. And Larry was growing really frustrated at her passive aggressive ways. His resentment towards her, with just explode into these arguments. They were unable to communicate with each other, because Betty was not expressing her anger. In a direct and healthy way. So, Betty started to suffer from these terrible headaches. She was trying medications, nothing was giving her relief. And then, of course her verbally abusive boss is making matters worse.

Betty was noticing her headaches plaguing her the moment she came from work, and then, intensified when she was in the presence of her father, her verbally abused her during childhood. After I worked with Betty for some time. She gathered the courage to change your job. And, spend less time with her father, who is a major trigger for her. Her headaches began to subside. And she realized that the verbal abuse from her father, her boss, was the source of her anger and she wasn't really able to process, identify, or express that and talk to Larry about it. So, it was manifesting with headaches, and then of course, being expressed in this passive aggressive style towards her husband, Larry. Betty's relationship with Larry improved significantly, once she acknowledged her face of anger expression, gained awareness, of her triggers. Right, which was her boss and her father, activated all of that anger for her. And, understood how her emotions, or what her emotions were behind the anger, and how it was affecting her partner. So, instead of this passive aggressive style, Betty started to commit to communicating anger, and a more direct, and healthy manner. By telling Larry, when she was angry. And expressing it in a much calmer and healthy way. Of course, Larry now was able to hear that. And, her feeling hurt. Was extremely validating. Larry started to appreciate her more. We are going to become familiar with the triggers. Your face of anger expression. The thoughts, that are jumping in your mind, in response to the triggers. The associated physical symptoms. Where are you feeling it in your body. In Betty's case it was a terrible headache. And, all of the emotions behind your anger, the more in control, you are of this emotion. So, you can also move behind, beyond the activity of your anger, by asking yourself, the trick question. Right. And key question. What is triggering my anger. Your anger triggered is unique to you. Based on childhood, taught you what to expect from yourself. Even about how the world should work, right. When these expectations are not met, anger is often the result. So, what triggers your anger may be very different than what triggers your partners anger.

You want to talk about it with your partner. You want to understand what happens, when I get triggered, right. How do I manage my anger? Now, we will talk a little bit about that. We will talk about, when we get into this angry place. How do we control it, and manage anger in our relationship. So, our first major cognitive tech, and how to deal with our anger, with our partner, is we want to stay focused. When you speak out, and your anger. You may lose sight of the issue, or the circumstance, that initially provoked you. The more intense or anger, the more likely the emotion is going to distract you from the issue at hand. So, what you want to do here, is keep your eye on the ball. And, your conversation and emotions are less likely to get out of control. Sometimes I ask my couples. Wait a minute. What are you really angry about, and they don't even know. They lost sight of it. Because they spiral, the anger takes on a whole life of its own. Stay focused. Make sure you are connecting and expressing what you are upset about. So, that your partner can hear about. The second major cognitive technique. Call a timeout. This is an excellent way to manage emotions. And de-escalate arguments. Okay, call a timeout. Do not be afraid to call a timeout, when you are getting too angry. It is a way of preventing from damaging your relationship when you know that your talk is likely, or has already eroded into a counterproductive discussion. So, I suggest, that you not only agree to this ground rule, when you are both calm. Also agree on a specific signal, that would mean a timeout, or pause. To the two of you. It is a very in portent. This is a kicker, here. When you decide to take a timeout, and talk later. Set the time to talk right then. So the person who is calling the timeout is responsible for setting the timeout to talk in the near future. When you are feeling angry and you know that you are is going and your partner is escalating. You want to say timeout. How about, you are the one calling the timeout. Don't you partner to feel dismissed. We welcome back when we are, and talk about this in an hour. Then you can use the listener speaker technique, or any other way, starting with the positive warm-up, to calmly talk to your partner. It is a wonderful way to manage your emotion, when you are feeling that things are escalating and your emotions are heightened. The third major cognitive technique, to diffuse the situation.

Come up with a label, to identify the intensity of your anger. You want to start, by saying, I feel. Don't say I think. What you are going for here, is feelings. Not your thoughts on how obnoxious the other person is. I feel. It's hard to get defensive when your partner feel something, right. Identify the thing that triggered your anger. And then, ask yourself, what would it take to help you, to return to a non-angry state. I want to just share three ways. To de-escalate arguments. Or stop them before they start. This is more mindset, that I want to get into. So, first, try very hard to find the intention. Often times when I am working with couples. It was delivered or you are experiencing what happened in this way. But, in fact the intention is very different. So, fights often develop from getting into something that someone was saying. Stick to the content of what is being said. Don't read your partner statements. Stick to the facts. Don't read into your partner statements. Stick to the facts and avoid adding your own opinions and interpretation. If you don't understand what the meaning, meaning or the reason is. You want to ask questions before jumping to assumptions. Find the intention in the message. And, back and stop an argument, from starting. Okay, another way to stop an argument is be aware of how you feel. It is so simple, but it can help. You want to be aware of how you are feeling before you talk or respond, when someone is saying something, right. Before, you want to understand how my thinking right now. My feeling right now. Something happened at work. I am really angry. This is not a good time to talk about it. I did not get a good nights sleep last night. Or, I'm feeling hormonal, or whatever it is. We really want to be aware, of how we are feeling. Right. Before we speak. When the topic comes up, that is a hot button topic. Meaning a subject matter that is caused arguments or problems in the past. Or, that triggers an immediate intense reaction, it is important to gauge how you are feeling, by using the acronym. HALT. Take a second to decipher if you're hungry, angry, lonely or tired. HALT. It will give you insight into yourself, and put you into a positive state of mind, before you start talking to your partner. Another way to stop an argument, before an argument is going to start your feelings, you want to 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. It is going to have a very negative impact on how we are communicating or perceiving what our partner is saying. So, assume only the best. Use evidence from the past to remind yourself. Of them being in your best interest. And then, you are less likely to react to them. Excuse me. Someone who not highly of you, right. You probably are going to ruin a peaceful dinner to start an argument about let's say, who picked up the dry cleaning, when you are thinking positively about your partner. So, think about finding the intention in the message. Being aware of how we are feeling before we speak. And thinking positively. About our partner, before we react. To prevent an argument from starting. The next secret to having your best relationship, is increasing intimacy in your relationship. I'm going to talk about physical intimacy and emotional intimacy. For the sake of time, I'm going to give you some facts and findings about intimacy. How to rekindle intimacy in your relationship. And then, we are going to give you an example of emotional intimacy. And, the 10 characteristics of a constant, conscious marriage. We are more aware of ourselves and each other. That is our ideal. That is are more actualized place in relationships. I'm going to start with facts and findings about physical intimacy and marriages. And we will get into strategies to create. So, contrary to cultural myth. And those perpetuated in the mainstream media. Age are not the reasons white couples have a low sex drive. These are some potential scenarios. You and your partner are having maintenance sex, intimacy for physical pleasure, rather than an emotional and physical connection. Another potential scenarios the thought of your partner are being physically intimate with her partner, no longer really arouses or excites you. It may even cause feelings of anxiety. Another potential scenario is, the frequency of physical intimacy has dropped to one or twice a month or less. So, these scenarios are ringing true for you. You are among more than 40 million Americans, that are stuck in a low sex or no sex relationship. No sex and low sex relationship. So, contrary to popular belief. One in three women, and one in seven 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 nonmarried couples, who have been together, more than two years, having no sex relationship. These are some major statistics. Inhibited sexual desire can affect you, if you are in the dawn of your relationship, or you have been married for years. Okay, so it doesn't matter. If you are 60 years old, or if you are 30 years old. Inhibited sexual desire can affect you in a relationship. The longer you avoid physical intimacy, the harder it is to get it back. Your partner will be ashamed of this common problem, as will you. This just ferments the cycle. This is a common and chronic problem. A strategy for this, is do not blame her partner. Frustration often mounts when you're physical and emotional needs are not met. Blame and guilt just plague of a relationship. It is easier to point the finger at her partner, then to question how your sexual inhibition contributed to this problem.

I get this all the time with my couples. They are pointing the finger at each other. Right, but they're not really questioning, how the dynamic, or how my own issues, are contributing to this 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. And, usually when I see my couples and session. The physical intimacy piece, asymptomatic, of much bigger, emotional issues in the relationship. As we work through those emotional issues. Organically, the physical intimacy starts to increase. Because, it is no longer symptomatic. It is no longer about that. So, by strategy, another strategy, creating emotional intimacy. So, when you desire more passion, from your relationship, you are really craving more emotional intimacy from your partner. By the way, I do want to say one thing, to qualify this. Sometimes, their actual real, physical issues, right. That could be common, too. We always want to go to a medical doctor, and roll any of that out. And so, if, everything is okay physically, then we know, okay. You want to create more physical, emotional intimacy in a relationship. Creating more emotional intimacy. Men and women share this equally. It is important to replace romantic love, with emotional intimacy, after the romantic love stage, which usually fade the first year of relationship, right. It can last up to 18 months. But usually, this romantic love stage, as all of us, and a relationship no, it fades. We want to replace it with emotional intimacy. So, that we can sustain and keep the physical intimacy alive, too. Emotional intimacy, means accepting your partners strengths and we is. Another strategy, right, for maintaining physical intimacy in a relationship, is 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 stress-free intimacy dates can be spontaneous, or plans. Some of us that are busy because we have children, we have demanding jobs. We don't have time, they can be spontaneous. There is nothing unromantic or forced about making a date to reconnect with each other. Don't worry if it is not spontaneous. You can plan it. You can have it scheduled in your weekly planner with her partner, once a week, make sure you make time for these intimacy dates. Intimacy dates are organic experiences to foster physical and emotional intimacy between you and your partner. There are no rules or formats. You can even have an intimacy date on your couch, watching a good movie, massaging each other's feet. That can be an intimacy date. You want to have these scheduled and make time, that you and your partner, carve out the time, making sure, that they knew you are committed to this. I want to talk a little bit about emotional intimacy, now. Okay. What does this mean. How to develop connections and feelings, for your relationship. And then, I'm going to talk about 10 characteristics of a conscious marriage, which we all aspire to. I'm going to read those out. First, I want to talk about a case. Of a couple, that came to me, and they were having issues, about intimacy, and how the romantic love stage, was just exploding into arguments. And, how they developed a deeper connection. Okay, I'm going to talk about a guru in our field. He wrote in excellent book about getting the love you want. He talked a lot about conscious couples. I will read you a quote from him, leader. So, my couple was Lisa and Bill. Their union was in big trouble by the time they came to relationship therapy with me, couples therapy. Passionate debates that were enjoyed in the romantic love stage., Where exploding into arguments. It

all but eroded once that passionate year or two year mark in the relationship. Now things were dissolving. Okay. To make matters worse, builds needy over critical month or who lived in the same apartment complex wasn't there and enmeshed in their lives. Which is very annoying for Lisa. Bill kept escaping and working long hours, leaving Lisa alone with their two kids and his needy mother, that lives in the same apartment complex. This kept triggering memories of abandonment in Lisa. She was responding to bill with verbal attacks. And, she was feeling he was insensitive, and emotionally unavailable to her, time after time. Bill would just withdraw, and retreat, even under the weight of all of these constant criticisms and attacks from Lisa. This just created a very negative cycle. That became their enemy. The couple argued, because Bill kept feeling Lisa was too critical. Like his mother, right. And Lisa felt Bill was emotionally unavailable. He did not want the feelings of abandonment from her years following into her marriage. They had both and consciously chosen partners, who perpetuated their struggles with their mothers, because they needed to heal these old wounds, right.

Bill and Lisa were very blind to their unhealthy ways, that they were struggling through their collective pain, wearing each other down, through this relationship process. Lisa and Bill's relationship struggles are very common. I see this all the time. Lisa and Bella made the choice to help and heal each other. They take complete ownership. Which I I always say is a major ingredient in working with me. The essence of ownership is admitting what I want, what I never got, and what I am doing wrong in the relationship. And, they started to deepen their intimacy. Bill, and Lisa, started to emphasize with each other's experiences. They went deeper. This triggers me when I felt abandoned by my father. This triggered me when my mother was critical. And, they talked more and more. They started to get more in touch, with their own anger, and of course, expressing it, and a much, healthier way instead of bottling it up, and expressing it as we talked about earlier. In these different phases of anger. Lisa was no longer shackled by these fears of abandonment, because Bill started to show up for her. The couple kept communicating more and more, and hearing and validating the other. This is clearly months and months of work. There are a lot of in between. But, exposing vulnerabilities made them feel safe and secure with each other. And the relationship. They stopped the search for perfection and expectations from the other, and really started to work through their issues together. This is a hallmark. Of a conscious long-term relationship. You are not really operating in the reaction, but you are really trying to under and, what is the emotion, the deeper emotion, what is going on with my partner. Hendrix, the guru, the psychologist, says, he describes this kind of a partnership is when you have a partner who is no longer perceived as a surrogate parent, right. Or an enemy. But, as a passionate friend. A conscious relationship, according to Marvahl Hendrix is, marriage, or relationship, that fosters maximum psychological, and spiritual growth. It is a marriage, created by becoming conscious and cooperating the fundamental drive, or the unconscious mind, to be safe, to be healed, and to be whole. This takes a lot of work, and a lot of time. I just want to read you very quickly, what the characteristics are of a conscious marriage. Realize that your love relationship has hidden purpose. The healing of childhood wounds. You create a more accurate image of your partner. Letting go of all of these expectations. He was my partner. An accurate image. Taking responsibility for communicating her needs. You are becoming more intentional in our interaction. You'll learn to value your partner's needs and wishes. As highly as you value your own. You do a great part of your personality. You learn new techniques to satisfy your basic needs and desires. You search, within yourself for the strength and ability is, that you are lacking. You become more aware of your drive to be loved, loving, and whole and united with the universe. And, of course. You accept the difficulty, of creating a good marriage and lasting partnership. I want to talk a little bit about me and us. We are the relationship suite. We are a group of skilled, experienced therapist.

We specialize in couples and marriage counseling. We are licensed in the state of New York, we are licensed in the state of New Jersey. Of course then the pandemic wave in working with couples. We do a lot of online in virtual couples counseling. It is actually, very, very effective. We have been doing excellent work. Over this year. Our couples are loving it, too, because it is so convenient. You can learn more by going to our website. The server may be done. Please try again in an hour. It may be working. Something went on with it today. Of course, you can always schedule a complementary consultation by emailing me at this email. You can always call me, too. I love doing consultations. And I love giving some people some advice, some quick advice if they are feeling stuck. I do have a free gift for all of you, today. I feel horrible. I do know my site may be done. I'm not sure if it is still done. But, there something I created called tame your temper, and regain your connection to create more intimacy in your relationship. These are some keys to a long-term relationship. It is a free e-book and audio lesson. If you click here, if you go to my website, you can click here, but if you go to my website, and you scroll all the way to the bottom, there is a little box over there. If you put your name in, and your email, you can get a free audio e-book, it's got a little lesson, too. It is very quick and a lot of fun. If there is an anger one and in intimacy one. And, now, I'm going to turn it back to you, Melanie. And answer any questions.

Thank you, Rachel. It looks that we have time for a couple of questions. Before we do that, want to remind you of another resource you have available to you, which is your employee assistance program. We are here to help you with this topic and many other health and wellness topics. There is something for everyone, and your employee assistance program benefits. I encourage you, to call in on your toll-free number, and get some information about what is available, or what you need. If you would rather look online, feel free, we are available all the time online and by phone. Go ahead and reach us on the web. Some of you may have different URLs for your site and everyone of you may have different phone numbers, I cannot provide them to you today. We have a mix of companies. Call your HR department if you do not know your EAP number, or your website. They can get this information. And access this recording in two or three days radio answer, share it with people in your household if you want to. Again, I do want to make you aware that Rachel's website may be down periodically. So, please try again, if you are not able to get through. Please try again, if you can reach it through, the handout. If you download the handout. When you click on the link, it will still be alive. Rachel, looks like we do have some questions, here. So probably will be able to answer maybe one or two. I have one here, that says, first of all, thank you, for sharing your information. They, my source does not have empathy. How can I put her in my shoes without sounding like a broken record.

[Laughter] That is a very good question. I think that, you know, you are stuck. The broken record, whatever you are doing and saying, isn't working. We want to understand what your partner is feeling, right. What she is feeling. That is getting in the way of her empathizing with you. So, this sounds complicated, and not such an easy fix. So, there some kind of dynamic maybe, that is been created. You want to see, why can't she hear you. And you can even talk to her about it, when you are both calm. And, try to understand what is our cycle. Why is it that you cannot hear me, and what is it that you are feeling, that may be getting in the way? And, that may be able to open up new discussions. Or, you can always reach out to your EAP. Or a couples counseling or area. I know that was quick, but it is a very complicated dynamic. Would be hard to understand it without understanding the two of the better.

That is a great answer, Rachel. This topic is complicated, right. It is difficult. I mentioned this in the beginning, if you want around. It is difficult for Rachel to answer some of these questions, in a way that really needs to be addressed, because she does none of the situation for you, and your relationship. So, that is why it is so important to reject, and get help, if needed. Rachel probably will not be able to solve all your issues, despite answering these questions today. She has provided some great information and a

great starting point, though. Rachel, have some people asking about that book. He said there was a quote.

Excellent book. It is called getting the love you want. Getting the love you want by Harvel Hendricks. Excellent book, it really goes into why -- Some pearls of wisdom from that book. I would definitely get it. I love his stuff. He has a therapy modality. A lot of us are trained in it. A lot of therapists use it to help couples. A great start, is using that book.

I am putting this in the chat, for everyone, too. That goes out to everyone. One more question, I think we can talk about. This is kind of two different questions here, really. Talking about, when, when you are talking about communication. Between two people. Someone mentioned, it is kind of hard, what do you do if you do not understand your own facial expressions. Or that you are making faces that may be off putting to someone, how do you deal with that.

Yeah. I think, when your partner, is noticing that. You want to tell them, let me know if I'm doing that. Maybe I don't realize that I really am angry about this. You want your partner, to signal you, so that's, you can speak to what you are feeling, that is manifesting in the facial reactions, right. The facial expressions. So, you know, I'm doing this because I'm really feeling angry. Maybe it is not the best time to talk, because her partner is so, cued in and maybe going to get reactive. You do not want that. Maybe what you can do, as a way of avoiding that, is, writing something down, reading gets, something like that, where it is not going to escalate whatever discussion you are going to have. Maybe your partner can contain it. If you are able to put words to what you are feeling. I am feeling angry, that is why I'm doing this. Or, I am frustrated. I think that helps a lot, too. Okay, you are feeling angry. You can use, again, speaker listener, or any other way of communicating. You want to be able to manage it, so it is not offputting, to them. The whole point is, you want them to hear you, right. It is them containing, you containing, and really trying to get to the source, of what it is you need to say, and getting that validated. Acknowledged, and validated.

On that same line of communication, when you are discussing paraphrasing. Is that something the speaker should ask the listener to do? So they speak, and say can you tell me what you heard. Is that something that would be good to do, or is that trouble?

When you do this technique, there is a speaker and there is a listener. Usually after the speaker says what they need to say, the listener knows, to say, you know, Melanie I heard you say a BNC, did I hear you correctly? And, the speaker could say yes. You know, if the speaker wants, you can say you can paraphrase that now, but usually, as part of the tech week, the listener knows, after the speaker is done, they can paraphrase. The listener can even slice it dinner, and say wait a minute, one of the roses do not go on and on. The speaker wants the listener to be able to absorb and hear what is being said. And they can say oh, can we stop right here, it's getting too long and I want to be able to paraphrase what you just said. Right?

One quick, last question, I hope it is not tricky. How do you feel about the live, five love languages?

I love that book. The five love languages. It is interesting, we use of this, how do we express and experience love. I think, it is a great little way, to share with her partner. On my website, that talks about that. If you want to go into the blog and website. I hope it is running now. We have technical issues, this morning of course. Once backup, relationship suite, relationshipsuite.com. Go and read some of those blogs. They are wonderful. Tips and ways in which you can interact better with your partner. And, you

know just so much wealth of information and all of those blogs. There is something on love languages. And I think it is a wonderful conversation to have with your partner. There are different tests, that you could take. I am sure you can find that in the Internet.

Great, thank you so much, Rachel. We are out of time. We have reached the top of the hour. As we told everyone, we left with resources, today. If your question did not get answered in many did not, they probably do need more attention. We do just ask you, please call and seek out help. The EAP is a great resource for that. Rachel has given you information on her services. Reach out for assistance. It probably needs more than what you can get in a one-hour webinar. And it will need delving to find out the reason for some of the issues that are happening. We hope these were helpful to you. And, thank you so much for joining today. Have a wonderful rest of your day. This does and your session.

[Event Concluded]