

Personal Growth Concepts™

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Q&A Forum - Review

The Waning of Love in a Relationship, 2009-02

Greetings fellow Q&Aers,

Our newsletter, Touchpoints, was well-received from all the email feedbacks that I got - I received about a dozen or so. We are already working on our next issue, due out sometime in April. Until then, we are back to the Q&A format for a couple of months.

I would like to invite you to send in some questions. This question is the last one I have in the hopper and I am sure some of you have some questions you would like to ask. Remember they can cover anything about counseling, coaching, smoking cessation or fall under the loose heading of Christian guidance/spiritual direction. I would love to have several of them waiting for me.

The coupon basket has been quite a success - I usually see someone going through it at least once a day. Please remember to clip some coupons to contribute when you stop by our office. A special thank you to our money saving guru, Dianna for her help in this project. She's already working on another article for our next newsletter on how you can save some money.

I am also appreciative of Nancy, Maryann and Joanne who all contributed bonuses for this Q&A. Remember, who else do you think would like to receive our newsletter and Q&As??? Let them know and get their permission and then let me know so I can put them on our list. Now to the Q&A Peace, John

Q: What can you do when both the physical and emotional love "waned" in a relationship?

A: I think it depends on the level of commitment there is by both partners in the relationship.

If the commitment level is low by both partners, or quite uneven (i.e. one partner is highly committed and the other is not, or indifferent) then the waning of physical and emotional love may be a sign that the relationship has peaked and is on its way out.

However, if the level of commitment of both partners is high, then I would strongly suggest some honest communication between them. They can start out highlighting what they have liked, enjoyed and found valuable about the relationship in the past. Next, they can discuss what seems to be lacking, at what point things may have taken a turn and how they have arrived at this point. Finally, they can discuss with each other, what can be done to re-invigorate their relationship.

Perhaps things are blocking the love. Things like addiction, pornography, anger, excessive worries, poor time management, etc. Talking about them, if possible, is usually a good start. If

the couple try to talk 2 or 3 times and can't seem to jump start the relationship again, then perhaps a session with a counselor or trusted spiritual advisor may be appropriate. Oftentimes, in the pursuit of what we want, one can become controlling and that is often a turnoff to the partner, making it more difficult.

I think it is also important to note that as most people and relationships mature, the way love is expressed and the way "love needs" are met by the partners is likely to mature and change as well. So, while it may feel as if it has "waned," compared to the intensity it once was, perhaps it has mellowed or progressed. Only the partners can tell.

I also want to mention "drift" - usually referred to as "taking the other person for granted." If this is the case, then communication can usually help. I like to have couples who are struggling with this, start out by complimenting one another on genuine things they like about their partner or about what their partner does. When one is feeling better about themselves in a relationship, it becomes easier to maintain the relationship. I tell them, whatever you want/need in the relationship, chances are good that your partner wants/needs or would appreciate some of it as well. Some partners can negotiate (an advanced communication skill) for what they want need, i.e. "I will be willing to do this in return for that..." The spirit of partnership, teamwork and fair play must be alive for this to work.

I hope these ideas have been helpful. Please feel free to provide me any feedback you might have. Peace, John

QUOTE: "A successful marriage requires falling in love many times, always with the same person." - Mignon McLaughlin

BONUS QUOTE: thought provoking and accurate, as shared with me in a recent counseling session: "It is what it is, until it isn't" - Lisa C. (I thank you☺)

Bonus 1

SAD NEWS...

Please join me in remembering a great icon of the entertainment community. The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, two children, John Dough and Jane Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

Bonus 2

A little girl stood near a small church from which she had been turned away because it was "too crowded."

"I can't go to Sunday School," she sobbed to the pastor as he walked by.

Seeing her shabby, unkempt appearance, the pastor guessed the reason and, taking her by the hand, took her inside and found a place for her in the Sunday school class. The child was so happy that they found room for her, and she went to bed that night thinking of the children who have no place to worship Jesus.

Some two years later, this child lay dead in one of the poor tenement buildings. Her parents called for the kindhearted pastor who had befriended their daughter to handle the final arrangements.

As her poor little body was being moved, a worn and crumpled red purse was found which seemed to have been rummaged from some trash dump.

Inside was found 57 cents and a note, scribbled in childish handwriting, which read: "This is to help build the little church bigger so more children can go to Sunday School."

For two years she had saved for this offering of love.

When the pastor tearfully read that note, he knew instantly what he would do. Carrying this note and the cracked, red pocketbook to the pulpit, he told the story of her unselfish love and devotion. He challenged his deacons to get busy and raise enough money for the larger building.

But the story does not end there...

A newspaper learned of the story and published it. It was read by a wealthy realtor who offered them a parcel of land worth many thousands.

When told that the church could not pay so much, he offered to sell it to the little church for 57 cents.

Church members made large donations. Checks came from far and wide. Within five years the little girl's gift had increased to \$250,000.00--a huge sum for that time (near the turn of the century).

Her unselfish love had paid large dividends.

When you are in the city of Philadelphia, look up Temple Baptist Church, with a seating capacity of 3,300. And be sure to visit Temple University, where thousands of students are educated. Have a look, too, at the Good Samaritan Hospital and at a Sunday School building which houses hundreds of beautiful children, built so that no child in the area will ever need to be left outside during Sunday school time. In one of the rooms of this building may be seen the picture of the sweet face of the little girl whose 57 cents, so sacrificially saved, made such remarkable history. Alongside of it is a portrait of her kind pastor, Dr. Russell H. Conwell, author of the book, "Acres of Diamonds".

This is a true story, which goes to show WHAT GOD CAN DO WITH 57 CENTS.

Bonus 3

SAND AND STONE

TWO FRIENDS WERE WALKING THROUGH THE DESERT. DURING SOME POINT OF THE JOURNEY, THEY HAD AN ARGUMENT; AND ONE FRIEND SLAPPED THE OTHER ONE IN THE FACE. THE ONE WHO GOT SLAPPED WAS HURT, BUT WITHOUT SAYING ANYTHING, WROTE IN THE SAND:
"TODAY MY BEST FRIEND SLAPPED ME IN THE FACE."

THEY KEPT ON WALKING, UNTIL THEY FOUND AN OASIS, WHERE THEY DECIDED TO TAKE A BATH. THE ONE WHO HAD BEEN SLAPPED GOT STUCK IN THE MIRE AND STARTED DROWNING, BUT THE FRIEND SAVED HIM.

AFTER HE RECOVERED FROM THE NEAR DROWNING, HE WROTE ON A STONE: "TODAY MY BEST FRIEND SAVED MY LIFE".

THE FRIEND WHO HAD SLAPPED AND SAVED HIS BEST FRIEND ASKED HIM, "AFTER I HURT YOU, YOU WROTE IN THE SAND AND NOW, YOU WRITE ON A STONE, WHY?"

THE FRIEND REPLIED, "WHEN SOMEONE HURTS US WE SHOULD WRITE IT DOWN IN SAND, WHERE WINDS OF FORGIVENESS CAN ERASE IT AWAY. BUT, WHEN SOMEONE DOES SOMETHING GOOD FOR US, WE MUST ENGRAVE IT IN STONE WHERE NO WIND CAN EVER ERASE IT."

LEARN TO WRITE YOUR HURTS IN THE SAND AND TO CARVE YOUR BENEFITS IN STONE.

End of bonuses

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www.personalgrowthconcepts.com
jpacheco@personalgrowthconcepts.com

Personal Growth Concepts, Inc.
1825 Barnum Ave., Suite 304, Stratford, CT 06614-5333