



23B Church Street, New Hamburg

Telephone: 519.662.3092

Email: interfaith@golden.net

www.interfaithcounselling.ca

Your Employee Assistance Program Newsletter

February 2015

THE TOP 7 WAYS TO IMPROVE YOUR MARRIAGE

Although a marriage in trouble is upsetting, it can often be repaired more easily than you think. The “honeymoon” phase in any committed relationship is not meant to last; eventually it becomes obvious that sharing life with another person requires a special set of skills. Most couples start to come apart because our culture doesn’t teach us how to maintain and strengthen these bonds. .

1. Seek help early.

The average couple waits 6 years before seeking help for relationship problems. (And keep in mind, half of all marriages that end do so in the first 7 years). This means the average couple lives with unhappiness for far too long.

2. Edit yourself.

The happiest couples avoid saying every critical thought when discussing touchy topics.

3. Soften your “start up.”

Arguments often “start up” because one partner escalates the conflict by making a critical or contemptuous remark. Bringing up problems gently and without blame works much better.

4. Accept influence from your partner.

In studying heterosexual marriages, we found that a relationship succeeds to the extent that the husband can accept influence from his wife. A husband’s ability to be influenced by his wife (rather than vice-versa) is crucial—because research shows that women are already well practiced at accepting influence from men. A true partnership only occurs when a husband can do the same thing.

5. Have high standards.

Happy couples have high standards for each other. The most successful couples are those who, even as newlyweds, refused to accept hurtful behaviour from one another.

6. Learn to repair and exit the argument.

Happy couples have learned how to exit an argument, or how to repair the situation before an argument gets completely out of control. Examples of repair attempts: using humour; stroking your partner with a caring remark; making it clear you’re on common ground; backing down; and , in general, offering signs of appreciation for your partner and his or her feelings along the way. If an argument gets too heated, take a 20-minute break, and agree to approach the topic again when you are both calm.

7. Focus on the positives.

In a happy marriage, while discussing problems, couples make at least five times as many positive statements to and about each other and their relationship as negative ones. A good marriage must have a rich climate of positivity. Make regular deposits to your emotional bank accounts!

The Gottman Institute. (2015). *Top 7 Ways to Improve your Marriage*. Retrieved from <http://www.gottman.com>.



INTERFAITH COMMUNITY COUNSELLING CENTRE GROUPS:

Bereavement Support Program

Support groups for those who have experienced the death of a loved one.

Starting dates:

Adults - Tuesday January 20th from 6:30 to 8:00 pm (8 weeks)

Children (5-9 years) - Thursday February 5th from 6:00 to 7:00 pm (5 weeks)

Teens (10-16 years) - Monday January 26th from 6:00 to 7:30 pm (5 weeks)

Growth Through Marriage

This interactive and educational seminar is designed for couples planning for marriage or recently married.

Friday March 27th from 6pm-9pm & Saturday March 28th from 9am-4pm

Nith Valley Mennonite Church.

Let's talk Mental Health

For individuals who have family members or friends facing a mental health challenge.

Every third Wednesday from 6:30-8:00pm

Dates: January 21, February 18, March 18, April 15, May 20 and June 17.

Connections Aldaview Building (233 Hamilton Road, New Hamburg).

Smoking Cessation

4-6 week individual sessions.

This is a skill based program that focuses on: learning more about your smoking habits – when, why and what happens when you smoke; developing new skills to help change the thoughts and actions that keep you smoking; homework assignments to help you practice the skills in between sessions; and learning relaxation techniques.

INTERFAITH COMMUNITY COUNSELLING CENTRE NEWS AND EVENTS:

Annual General Meeting

Wednesday, March 25th

Annual Silent Auction

Saturday April 25th

Ladies Night Out

Thursday June 11th

Interfaith Community Counselling Centre is Growing!

We have been approved to expand our office and are in need of volunteers to help us with the Building and Renovation Committee. If you are interested please call the office at 519.662.3092 ext 101.

Thanks for joining us in our next step as we move forward in supporting your community.