



## March News

### Keeping the Romance Alive... for Newlyweds

Good news!!! You've found the partner of your dreams and you are ready to start your life together. Your relationship is great and you have never felt more connected to one another.

So what's the bad news? Well, you know it already. Sadly, the statistics indicating whether or not you will enjoy a long-term, successful marriage are not good. With the divorce rate at over 50 percent (and climbing), the odds of still being married to one another in 10 years time are not in your favour.



The reason why is that the ability to have a successful relationship is not inherent in any of us... and unfortunately, Love 101 was not offered in school! The other reason is that most couples wait far too long before they seek outside assistance with their relationship difficulties (that is, if they get any help at all!). Of course by the time they do get help, the wounds are deep and the resentments are strong; and it is sometimes just too hard to get back those 'loving feelings' of earlier days. Divorce, having an affair or staying married but not connected end-up being the only option for some.

But it doesn't have to be that way. With just a little investment of time (even as little as 3 hours!) you can start to acquire the knowledge and build the skills you need to maintain *romance, connection, passion and love* in your marriage for a lifetime!

If you think about it, you are willing to train yourself to play a sport, use a computer program, speak a different language or build a business; so why wouldn't you also train yourself in this critical area of your life!

*Imago* is such a training program for relationships. It is based on the work of Dr. Harville Hendrix, author of New York Times #1 Best Seller, *Getting the Love You Want*, and has been around for over 20-years.



In fact, the Imago program has lead hundreds of thousands of couples worldwide (both young and old) to transform their relationships beyond expectation. By attending an Imago Workshop they are experiencing “deeper more meaningful connections” with one another and “keeping the romance alive” every day!!

But you don't have to rely on their word alone about the power of Imago...just ask Oprah. Dr. Hendrix has been a guest on her show many times and she has been quoted as saying, “Understanding this theory has changed my relationship. It's unbelievable. It's almost like an electric current. Everybody draws to themselves the partner that can most reflect and help them heal the wounds of their past.”

So to ensure that *you* don't get caught on the wrong side of the stats, why not take the time to preserve your relationship NOW while it is still good! Then all you'll have to do later is sit back and enjoy the ride. In the meantime, see how many of the following you are already doing well:

### Top Ten Imago Relationship Tips

1. **Add romance to your relationship** year round with little surprises. Romance is not just for Valentine's Day! Surprise your partner on a Monday night in March with a candlelit dinner, he/she may need and appreciate it more. Try adding little surprises gradually and don't worry about being original. Think of something your partner will appreciate (a love note, a single rose, a CD of their favorite musician, a new pet-name etc.) and surprise him/her. Remember the old adage: it's the thought that counts.
2. **Don't be defensive.** Rather than feeling judged, take a step back and look at your own character flaws. No one is perfect, but we all have the opportunity to grow.
3. **Make love, not war!** Always act with love and understanding.
4. **Avoid negativity.** Blame and negative criticism get you nowhere. Your intention is to have a loving relationship so keep that in mind BEFORE an argument. Speak to how you feel rather than listing what you think your partner is doing wrong.
5. **Dialogue your way to a better relationship.** Go to an Imago workshop, such as “Imago Connects” or “Start Right, Stay Connected”, or read the book *Getting The Love You Want*, to learn how to use the Imago Dialogue. Good communication is the key to understanding each other and being understood.



6. **Be the partner you want your partner to be.**
7. **Take ownership for what is not working in your relationship.** Denial is poison to a relationship, and sitting around with feelings of inadequacies doesn't do anyone any good. Be honest with yourself and you will make room for growth.
8. **Create a relationship vision together** Energy follows attention. The minute you begin to create the vision, you will move towards it. (This exercise is done in the "Start Right, Stay Connected" workshop).
9. **Become your partner's advocate.** Your partner's welfare, dreams, potential, and achievements must become your project.
10. **Love unconditionally.** It is easier to love when all is well, much harder when times are bad. But when is love most needed?

For more information on relationship training, please feel free to contact me (email: [info@katiebarr.org](mailto:info@katiebarr.org)). You are also invited to attend a FREE Imago Information Evening as a first step toward understanding more about sustaining a great relationship. This information evening is now also offered as a Teleclass. Please visit the website for more details: [www.hinacoaching.com](http://www.hinacoaching.com).

Cheers,

*Katie*



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