



This time of huddling should be done once a week in a quiet place where you would not be disturbed.

Lower the lights, put some instrumental music on and make a promise to yourself that you would not take the bait (Remember if you take the bait it'll escalate).

You will control you, no matter how difficult or “intrusive” the question you’ll remain calm and respond. You will control your tone and your thoughts.

Manage the moment and build your communication skills. Let the answers bring clarity and when don’t understand or it seems to be one of those extremely hot topics...table it for later. Guard your safe space and build it until it is able to handle even the “hot topic” take it nice and slow and build.

Here Are your Questions (Ask Audibly)

1. How do you feel about us today? Why do you feel that way?

Keep this answer short and remember to connect by looking at each other. Don't allow pride to set in, this is not a time to jab, its a time to connect be honest but be kind. Get naked with your clothes on.

2. Is there anything that I could have done better last week?

Remember that this would be done weekly, so we don't want to go to far back, and remember control how you say what you say and don't take the bait. (If you take the bait, it'll escalate) And only discuss one thing at a time.

3. Is there anything that I did well last week?

This gets you in the habit of complementing each other for things that may seems small. It gives a nice warm feeling to know that your partner recognized your efforts.

4. What can I do in the upcoming week to make you feel more loved?

This is a great opportunity to ask for what you want, it must be measurable so that you both can see that it was done... kiss every day, time without the kids, times without the phone etc. If you haven't been sexually intimate in a while, don't ask for that just yet...maybe next week.

5. Tell me something new you would like us to try this week:

This does not have to be brand new; it may be something you did in the early days of your marriage that you haven't done in a long time. Or it may be something that you haven't had the time to do in a long time.

It's very easy to give up on your marriage, to stop being kind and gentle to each other but you don't take the easy route in any other area of your life...why start now. Here's something that I know as well, somethings you're fighting alone s/he seems to have checked out but still keep fighting and look for the little indications that S/he is bending a little. And if things become very difficult, we're just a phone call away.

To book a session with Dr. Cheryl Holmes please call 646-653-9080