

Carole Kirby, Imsw

relationship news & more...

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Gratitude ... Miracle Magicians ... Share

The seasons just keep passing by. I have enjoyed the summer by relaxing in one of my favorite chairs with my feet in the grass, gardening, and preparing for the arrival my daughter and granddaughter. They plan to live in Dexter while my granddaughter finishes high school, then return to New York City next summer where they have lived for many years.

In my last newsletter I featured one of our apple trees. That turned out to be the first sign of a bumper crop of apples. It's been fun sharing them with friends. The photo to the left shows what the miracle magicians



left us one morning, sun glistened jewels in the back lot... a TON of webs all over our meadow!

I hope some of you will join me for an impactful and helpful experience for your relationship at my **Discover a New Way to Love, Couples Workshop** on **Nov. 15-17**. I've also planned two free Sunday afternoon workshops at Crazy Wisdom in Nov. and Dec. Following the GRATITUDE section you will find the announcement about my couples weekend and two free workshops at Crazy Wisdom Bookstore in Ann Arbor.

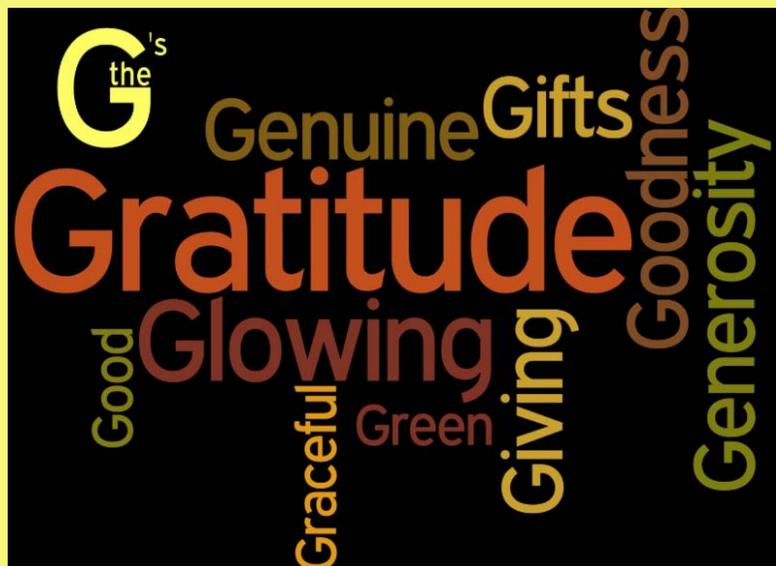
Be GRATEFUL this season for family friends and all your blessings.

Mindfulness & Gratitude at Thanksgiving

-Mary MacVean, *Los Angeles Times*

Before we eat Thanksgiving dinner at my house, along with saying grace, each of the 20 or so people at the table takes a turn lighting a candle and expressing gratitude. The appreciation can be lighthearted - for mashed potatoes or a day off from school. Or the thankfulness may be accompanied by a heavy heart - for the memories of a loved one recently passed.

As it happens, this expression is not an empty exercise. And if we developed the discipline to be consciously grateful on a regular basis, year-round, research shows we'd be happier and suffer less depression and stress. We'd sleep better and be better able to face our problems.



There's evidence that gratitude is uniquely important to well-being. Long embraced by religion as a "manifestation of virtue," it's one of the few things that "can measurably change people's lives," says Robert Emmons, a UC Davis professor who has been studying gratitude since 1998 and is the author of the book "Thanks! How the New Science of Gratitude Can Make You Happier."

"Gratitude implies humility - a recognition that we could not be who we are or where we are in life without the contributions of others," Emmons writes.



Think Twice Before Rushing to the Mall

At a time when Thanksgiving is the starting gun for a race to the mall, Jeffrey Froh has some insight as well.

"We know there's a negative relationship between materialism and gratitude. That's pretty powerful right there," says Froh, a professor at Hofstra University on New York's Long Island. His research with more than 1,000 high school students showed that grateful teenagers were also less likely to be depressed, more likely to want to give back to their communities and more likely to have higher grade-point averages, among other traits.

But despite the benefits, Emmons says, gratitude is in trouble.

"Outside of happiness, gratitude's benefits are rarely discussed these days. Indeed, in contemporary American society, we've come to overlook, dismiss or even disparage the significance of gratitude as a virtue," he says.

"We have become entitled, resentful, ungrateful and forgetful." Not all of us.

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Gratitude and the Oneness of Being

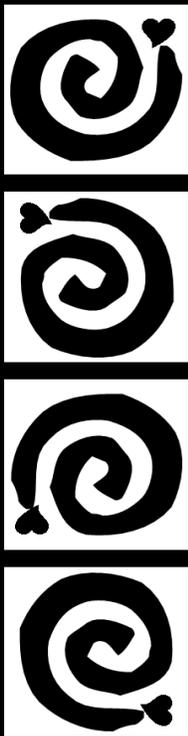


TEDxSF - Louie Schwartzberg - Gratitude

Be sure to click on this TED Talk to view a powerful, beautiful, and moving video presentation.

*Open your heart to all these blessings.
Let them flow through you.
Let everyone whom you will meet on this day be blessed by you.
Bless folks by your eyes, by your smile, by your touch, just by your presence.
Let the gratefulness overflow into blessings all around you.
And then, it will really be a great day!!*

~ Carole Kirby



Discover a New Way to Love a relationship workshop for couples

Nov 15-17 ~ Ann Arbor area

Fri 7-10:30pm ☉ Sat 8:30am-8pm ☉ Sun 8:30am-6pm

- ♥ Confused about where the love went?
- ♥ Afraid to get help and afraid not to get help?
- ♥ Thinking it's all your partner's fault?

This weekend will provide new tools and understanding that can help you co-create a closer, stronger coupleship.

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The following two events are FREE!

Location: Crazy Wisdom Bookstore ~ 114 S. Main Street in Ann Arbor
Everyone welcome! While free, **PLEASE REGISTER.**

734.424.2797 ~ carole777@aol.com ~ www.therapy4couples.com

Boundaries of the Self

Learn ways to strengthen & regulate your boundaries

Sun Nov 10 | 2-4:30pm

Boundaries determine our sense of self-esteem, our self-confidence, our sense of control over our lives and our personal freedom. With clearly defined boundaries, we know our own thoughts & feelings and, in turn, are able to interpret and regulate our interactions with our world. Boundaries can become blurred through boundary invasion or neglect.

Understanding Introverts & Extroverts and How They Make the World "Go-round"

Sun Dec 8 | 2-4:30pm

- Examine the rise of the "extrovert ideal" in the 20th century & its far reaching effects
- Learn about the advantages & potentials of introversion and of being quiet in a noisy world
- Become aware of the cutting edge research in psychology & neuroscience that reveals surprising differences between extroverts & introverts
- Get tips as parents & teachers of children who are introverted or seen as socially awkward & isolated

Carole will share from Susan Cain's book, *Quiet, The Power of Introverts in a World That Can't Stop Talking* as well as from her own life experience and her insight as a therapist.

The Key To Flourishing Relationships

"Recent research suggests that optimal mental health is associated with high ratios of positive to negative emotions. According to this model, normal functioning is characterized by ratios near 2.5 (that is, 2.5 times more positivity than negativity), whereas optimal functioning is characterized by ratios near 4.3.

Summarizing two decades of observational research on marriages, the University of Washington psychologist John Gottman, an expert in marital relations, concludes that unless a couple is able to maintain a high ratio of positive to negative affect (5:1 or greater), it is likely that their marriage will end.

In a highly publicized study, he and his colleagues observed 73 couples discussing an area of conflict in their relationship. The research team measured positivity and negativity using two coding schemes: one focused on positive and negative speech acts and another focused on observable positive and negative emotions. Gottman reported that among marriages that last and that both partners find satisfying-what might be called **flourishing relationships**-mean positivity ratios were 5.1 for speech acts and 4.7 for observed emotions.

By contrast, among marriages identified as being on downward spirals toward dissolution the mean positivity ratios were 0.9 for speech acts and 0.7 for observed emotions. Gottman has become so good at spotting the strengths and weaknesses of a marriage he can predict with 90 percent accuracy whether the marriage will end in divorce or not, often after just three minutes of observation in his marriage lab."

We've talked about the magic ratio of love before. 5:1. If we want to create **flourishing relationships**, we've gotta go for 5 positive interactions for every 1 negative interaction!

~ Brian Johnson, Positive Psychology

Practice gratitude freely, regularly, abundantly, daily!!

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I've also included a link below to another interesting article on how the focus of generosity adds a new dimension to our understanding of relationship success.

[The Generous Marriage](#)

[Forward this email](#)



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