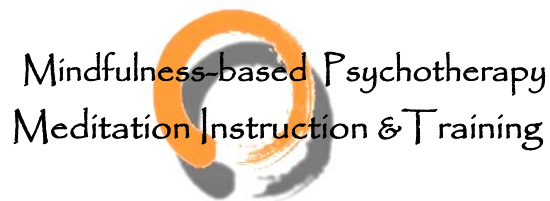


Montclair Health Associates



A Comprehensive Weight-Loss Program for
Children and his/her Family



Bob Jaskiewicz, L.C.S.W.

*Licensed Psychotherapist
Certified Clinical Hypnotherapy*

Julie Jaskiewicz, R.D., C.D.E.

*Registered Dietitian
Certified Diabetes Educator*

(973) 509-8879

www.MontclairHealth.com

True Love

A Vision for Your Relationship

The poet Rilke suggested that *true love* means we *have a duty* to safeguard our partner's growth as a human being. Yet ninety percent (90%) of the average couple's language is about controlling their partner. Growing up, how often were you blamed when things went "wrong"? Is it any wonder why most relationships don't last? Who would want to hear those old, hurtful words, "it's your fault," again?

Nonetheless, most couples have an agenda that they are unaware of- to heal themselves through their relationship. Unrecognized, "unfinished business" brings to an end the love that began the relationship.

Long ago disowned emotions such as fear, hurt, and anger-useful in a relationship to help raise awareness of problem areas go unspoken. Not having learned discussing needs is vital to one's health, negative emotions such as guilt, shame, hatred, revenge, and rage are then expressed instead. Even if only one partner changes his/her communication from controlling to relating, the couple will benefit from enhanced capacity for love, awareness, to know and be known for who they are without the old fear of being blamed. *The ability to access and communicate needs through positive, healthy interaction can change a relationship from hurtful to loving.*

Most people believe they are being open and reflective of their partner's needs, when they are just being reactive. Rarely do we reflect (feeding back what our partner said), understand through listening and mirroring, or relate in a heartfelt way. When was the last time you asked your partner if you could feedback what they said to make sure you got it right so they could feel understood by you?

Whole message communication is part of a research-based and validated, effective communication model for couples. It is simple to learn and when practiced, allows couples to have more healthy beliefs to live by and openly addresses the expectancies of the couple. Starting by identifying and articulating signs of strengths within the relationship, we move ahead to more troublesome areas. Typical conflict areas including chores, communication, sex and quality of intimacy, finances, interests, children, careers, individual differences, and sharing information previously withheld, through skill-based learning, are turned into resources and strengths, helping couples to reconnect emotionally and physically. When these skills are present within the coupleship, no one feels unimportant.

Our Couples-Focused work offers:

- Articulating a Vision of your relationship based on strengths, promises and purpose
- Identifying problematic communication patterns and bringing to an end reactive responses
- Recognizing and changing distancing behaviors that prevent closeness and intimacy
- Spotting and correcting inaccuracies in our thinking to avoid reacting negatively
- Discovering how our own past family conflicts become operative in the present
- Learning *productive* negotiation and conflict resolution skills
- Becoming skilled in ways to enhance intimacy and sexual satisfaction within the coupleship