

CONNECTIONS

Volume 10 Issue 2

Summer 2009

Money & Relationships



The following is a portion of an article, "Six Reasons Couples Fight About Money", written by Jonathan Rich, Ph. D., and posted on the web page for Selfhelp Magazine. The total article may be found at <http://www.selfhelpmagazine.com/article/marriage>. This article has been reprinted with the permission of Dr. Rich and Selfhelp Magazine. For further information, you may wish to obtain Dr. Rich's book, "The Couple's Guide to Love & Money", New Harbinger Publications, Oakland, CA.

This article is reprinted from the Fall 2004 Connections Newsletter.

Working out the financial differences between you and your partner is not easy. It takes the skill of an attorney, psychologist, and salesperson rolled into one. But, if you and your partner understand a few basic principles, and consistently incorporate these principles into your discussion about money, you can reach a new level of joy and intimacy in your relationship, and you can keep money from coming between you.



Principle #1: Keep in mind that you and your partner function as a team. Even if you win an argument, you've still lost, because you've chipped away at your relationship. Treat your partner and your partner's ideas with love and respect.

Principle #2: Don't assume that your partner's behavior with money is a message about you or your relationship. If you like a luxurious lifestyle, you may see your partner's frugal ways as a sign that she doesn't care about you. If you have always watched your money closely, you may feel like your partner's spendthrift ways show a lack of caring about your future. Remember that your partner's financial style probably developed long before you were in a relationship together. Your goal is to find a way to comfortably work together. If you try to find hidden, and often inaccurate, meanings behind your partner's behavior, you'll react with needless anger. To your partner, this will seem to come out of "left field" and can erode the good feelings between you.

Principle #3: Decide your future financial path together. Decide where you want to go together and how to get there. Some people would prefer to live frugally now, so that later in life they can cut back on work, travel and relax. Others want a moderate lifestyle both now and later. Some might want to take a lot of big risks and weather the ups and downs to have a chance at fame and wealth. The path you picture is probably drawn from what you grew up with and how you've seen other people live.

By sharing your vision of the future with your partner, you can better understand his or her ideas about money, and can find a course that is workable for both of you.

Principle #4: Do your part to solve the problem. You have much more control over your own behavior than over anyone else's, including your partner's. Beyond the relationship aspects of money, there are also practicalities - there's just no way around the fact that you have to have more income than outgo. Be creative about career and lifestyle changes that can help you to come out in the black every month, and be willing to consider your partner's ideas.

Working out money problems with your partner takes lots of practice and can be difficult. Psychotherapists and financial counselors can provide invaluable assistance if you feel you can't go it alone.



BRAIN BASHERS



What is represented by this BrainBat?

Vitamins Vitamins Vitamins
 Vitamins Vitamins Vitamins

1

Below is a very special grid, around each shaded number are 8 white squares. However, each white square should have a number from, 1-7. Once filled in, these 8 numbers will sum to the shaded number. In addition, once completed correctly, no row nor column will contain a duplicate number within a white square. For example, the top row may be 5642317, etc. This is brainbasher's most difficult puzzle, but is solvable without a computer.

	26		35		37	
	31		36		39	
	38		26		24	

What is represented by this BrainBat?

C O F F E E

2

Puzzles devised by © Kevin Stone [www.brainbashers.com] Answers on the last page of the Newsletter

Heroes are those who can somehow resist the power of the situation and act out of noble motives, or behave in ways that do not demean others when they easily can.

Philip Zimbardo



In the library.....



Book Summary by Don Benson:

Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food

is a refreshing book amid the ongoing onslaught of diet fads. One thing that never seems to go out of fashion is dieting. We can always count on new diets that come along, claiming to be the genuine panacea. Fortunately, there are those who point us away from the imprisonment of diets. One of those, Jan Chosen Bays, capitalizes on the tools of mindfulness and applies them to developing healthy relationships with food.



A key to Bays' assertions is the importance of non-judgmental acceptance and awareness, a fundamental component of any mindfulness practice. There is no "forbidden" food and it is essential not to approach food with an attitude of restriction. Rather, by tuning into the various experiences of hunger, such as "eye hunger", "stomach hunger", "cellular hunger", and "mind hunger", to name a few, one can learn to eat mindfully and more healthily.

Bays, a pediatrician, points out that infants have natural relationships with food, eating when they're hungry and only the amount that is needed. As we grow older, we are conditioned to various cues in our environment that change our relationship to food and the way we eat. A case in point would be the tendency to eat on a schedule, not when we're hungry. Also, we easily become conditioned to eat to fill an emotional void. It is easy to see how we become detached from our experience in the moment that tells us what to eat, when, and how much. It is drowned by the mental clutter of messages and feelings (e.g., guilt) that are products of the conditioning throughout our lives.



Weight loss may occur through mindful eating, but it is not the point of it. Bays sees the focus on weight loss as part of the problem, which is a lack of acceptance of oneself and life as it is. Mindful Eating is a refreshingly wise approach to the dilemma of unhealthy eating. It is available for checkout at Three Trails.

THREE TRAILS EMPLOYEE & FAMILY ASSISTANCE PROGRAM

Three Trails Employee and Family Assistance Program (EFAP) is a counseling agency designed to respond to the needs of eligible active and retired employees, spouses, and dependent family members of participating businesses and organizations.

Our mission is to provide professional assistance early and in a timely manner so that problems do not worsen. Such concerns may include workplace stress, marriage and family tensions, alcohol and drug abuse, and other difficulties that may impact individuals. Counselors at Three Trails assess the scope and nature of the presenting concerns and will either provide counseling or refer the individual(s) to specialized services as necessary.

Three Trails EFAP is staffed by two full time, one part time counselor and an administrative assistant. For more information or to schedule an appointment, please call 237-5750 or stop by the office at 812 South David Street.

OFFICE HOURS:

Monday & Wednesday	9:00 to 6:00 pm
Tuesday & Thursday	9:00 to 7:00 pm
Fridays	12:00 to 5:00 pm

We are closed through the noon hour, although noon sessions may be arranged.



1. Multi Vitamins
2. Coffee Break