

**You Can Have the Relationship You Want.....
Without Leaving the One You're In**

Here is one key that can help a couple's communication: **We Are Both Right.** Try it over a period of a couple of months and watch your relationship get better.

Most couples argue over the same things over and over again for the duration of their relationship. This is due to the belief that if "I am right and if you have a different opinion, you must be wrong." This seems logical, but it is a deadly belief in relationships. We argue, becoming frustrated, trying to get our partner to see our side, while our partner does the same. Nothing changes. We become stuck in our own opposing positions. Neither of us feels understood and we often feel unloved. After a while our partner becomes the last person we want to talk with and the least likely to understand and be of help to us. Imagine how long a friendship would last under those conditions.

A major change occurs if we can think of our relationship as "both" rather than "either/ or." In other words, **we are both right.** It means letting go of our need to change our partner. Paradoxically, when we practice this new method the change we are looking for happens naturally.

Here is how it works: **Have a conversation in which you listen to and acknowledge your partner's point of view without giving your own.** Rather than point out where the other may be wrong, really try to understand the other's point of view fully and validate their position, without defending your own position. **Try to empathize completely with how they feel even if it isn't how you feel.** Make them feel like you are on their side--- just like you would do if they were your best friend.

If you begin to see your partner as being right without it meaning that you are wrong, your partner will feel heard and understood, and next time will be more motivated to listen to you and try to understand your position more fully. Practice this over time and feel the trust, respect, and connection increase.

For assistance or more information please call:

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