



The Relationship Studio

COMMON VISION

August 2006

A monthly self-help e-Newsletter to enrich your relationship

eTIP

A practical monthly resource for deepening your relationship

Quantum Physics and Relationships?!

Yes! Quantum Physics has demonstrated that the thoughts and energies within us create the outer world we experience.

If we feel bad about ourselves, hold negative feelings about our partner or our life, that's the reality we'll encounter. But, if our thoughts and energies are positive, our reality will be too!

The great news is that we can consciously uplift our relationship and our life experience.

Appreciation Exercises: Try at least one each day!

- Improve your own "self talk" by identifying and concentrating on something you like about yourself.
- Change your energy toward your partner by focusing on something you appreciate about them, no matter how large or small! Hold this positive image in your mind all day.
- Work together to change your relationship energy by sharing something you appreciate about each other at that moment.

Appreciation is a high energy 'Miracle-Gro' for relationships. Use it liberally!

eNEWS

Announcing a self-help eNewsletter from TRS: Welcome to the first edition of *Common Vision*. We hope that you'll find helpful information for your relationships and will want to forward *Common Vision* on to friends and family. If you prefer not to continue to receive this eNewsletter, simply e-mail: UnsubscribeTRS@aol.com.

eGuide

to Upcoming Couples Workshops

CHICAGO, IL

- September 23-24, 2006
- January 20-21, 2007
- April 28-29, 2007

IRELAND

DUBLIN:

- June 16-18, 2006
- November 17-19, 2006

For more information or to register, see *Contact US* below.

eZ Ways

To share COMMON VISION

with other couples at any stage of their relationship, simply forward this newsletter.

To subscribe or unsubscribe:

SubscribeTRS@aol.com or
UnsubscribeTRS@aol.com

To CONTACT TRS:

e-mail: MbutlerTRS@aol.com
call: (847) 475-1092

To learn more

about TRS and our workshops visit:

www.therelationshipstudio.com

1613 Florence Avenue, Evanston, IL 60201

The Relationship Studio facilitates couples education weekend workshops in which you and your partner can discover more about yourselves and the roles you play in your relationship, learn effective communications skills, reinvigorate your attraction and deepen your commitment for the future. TRS workshops are based on the work of Harville Hendrix, founder of Imago Relationship Therapy.

TRS workshops are facilitated by Mary Butler, LMFT, LCPC and Certified Imago Relationship Therapist and Workshop Presenter and Mary Jo Jahn, MA, LCPC, Relationship Specialist and Workshop Presenter. Workshops are conducted regularly in the Chicago, Illinois area and in Ireland. TRS will facilitate workshops in other locations for groups of 10 or more couples.