

February 2008 Newsletter

- **New Year Resolution Update**
 - **Valentine's Day**
- **Couples Tune Up (flier on back of newsletter)**
 - **Reading List Suggestions**
 - **Videos about relationships**
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 - **Websites**
- **Don't forget to check out my website: joannewieser.com**

- **New Year Resolution Update**

If you are like me and find it difficult to get on track with your New Years Resolutions here is a Plan B. Instead of a New Years resolution list 3 to 5 things you would like to accomplish in 2008. Then list 1-2 ways you can accomplish these goals. For example: I would like a better job. 1.) Look in the newspaper everyday. 2.) Tell people I know that I would like a better job. Post your list on the refrigerator or a place that you will see your goals everyday. Revisit your list every 30 days and revise or discard your goal. Don't fret if your goal doesn't work out. Timing is important. You can always try again when you're ready. Support is available through many agencies that are listed in my January newsletter. It takes courage to ask for help.

- **Valentine's Day**

Valentine's Day is the traditional day on which lovers; family, friends, and co-workers express their love and best wishes for each other by sending or giving cards, flowers, and candy. Here are some non traditional ideas that don't cost anything but may make someone's day brighter: say "Please and Thank you" more often, point out something kind that someone has done for you, spend time talking about dreams and goals; theirs and yours, really listen to someone by stopping whatever you are doing and looking at them (this is important to do with your children, spouse, significant other).

- **Couples Tune Up**

Couples tune up is for married and unmarried couples of all ages. Find out about the stages of love. What it takes to build trust and expand your commitment. **See the flier on the back of newsletter. Space is limited.**

- **Reading List Suggestions**

Hot Monogamy by Pat Love (also available in audio tape)

The Relationship Cure by John Gottman, PhD.

Getting the Love you Want by Harville Hendrix, PhD

- **Videos about relationships**

The Story about Us (rated R)

Eternal Sunshine (rated R)

- **Upcoming \$20.00 per person workshops. Sign up now as space is limited.**

(dates & times may change, please call)

Journaling, March 8th, 10AM to 12PM

Grief and Loss, April 12th, 10AM to 12PM

Mothers and Daughters, May 10th, 10AM to 12PM

Fathers and Sons, June 14th, 10AM to 12PM

- **Websites**

DivorceBusting.com (relationship quiz)

Please check out my website: joannewieser.com I will be adding past newsletters and information of upcoming workshops.