Love is Easy when you use the
3 EASY LOVE Laws

Creating a Safe Place in Your Marriage Suspending Judgment

I’m providing an exercise that enables you to create an atmosphere of safety and greater emotional comfort with your spouse.

You want to eradicate the fear and mistrust, the banging, pushing and pulling against each other that often results in turmoil and pain.

Feeling safe with your spouse and your spouse with you is necessary for growth and healing to emerge.

The Cold North Wind

I'm often reminded of one of Aesop's fables. Remember this one:

The cold winter wind noticed a man walking down a path wearing a winter coat. The wind said to the sun, "I bet I can make that man take off his coat before you." The sun said, "OK, give it a try."

The cold north wind blew on the man. The wind blew and blew. And, the harder the cold north wind blew, the more the man clutched tightly his coat.

Finally, after exhaustion, the cold north wind gave up and said to the sun, “OK, your turn.”
The sun gently, without effort, let its warm rays shine on the man, who soon loosened his grip, took of the coat, slung it over his shoulder and continued down the road.

So, it is that in MOST marriages, this warmth precedes intimacy. Please note I said MOST. In some types of marriages this strategy will backfire. More on that later.

I offer an exercise and checklist that will enable you to generate more fully this feeling of safety within your marriage or relationship.

This checklist follows closely the concept of “seeing through” by identifying the coping pattern that s/he uses to emotionally survive.

Once you understand the coping pattern and “see through” this behavior you feel less the need to react or personalize his/her behavior.

This generates a tremendous amount of freedom from the debilitating cycles which can characterize your marriage or relationship, and provide that feeling of safety.

This exercise enables you to reframe the behavior of your spouse and withhold your thoughts and words of judgment.

Judgment of behaviors, over time, creates a toxic and tense atmosphere. Intimacy becomes more problematic and that safe feeling becomes more and more difficult to generate.

Open the pdf document on the right and complete the checklist.