

Give your relationship a workout

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Give your relationship a workout

By Kwame DeRoche

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Have you ever had a fight over nothing? Seems like a dumb question, doesn't it? It just doesn't make sense. But if you're dating, or know someone who is, you know exactly what I'm talking about.

You say: `What's the matter?'

They say: `Nothing.'

You say: `Are you sure?'

They say: `It's nothing.'

You say: `It's obviously something. You look upset.'

They say: `You're an (expletive).'

You say: `Huh?'

And so it begins. She calls him names. He brings up something from 3 weeks ago. The ex boyfriend comes up. He says something he really doesn't mean. You can end up arguing about this for another half hour, just to find out that she had a crappy commute this morning, or that he doesn't think you spend enough time together. In the end, you're drained, exhausted, and can't believe you just used up all that energy. Your heart is racing. That vein in your forehead is throbbing. You want some water. You feel like you just ran a marathon.

You just had a relationship workout.

As much as your delts, biceps or quads, you've gotta exercise your relationship every once in a while. Give it a little stretch. Unfortunately, most people overlook the easiest way to put energy into their relationship and feel exhausted at the end - rolling around on the floor, making sweet monkey love to one another. No, they seem to prefer often-pointless yelling matches about whose turn it is to wash

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dishes, or why socks are in the middle of the living room floor. And in an ironic twist, it's most likely to happen when one or the both of you is at your most tired.

A tried-and-true relationship workout is getting caught in a lie. Because we all know, most people won't just admit that they lied. They'll talk in circles. They'll make up excuses. Or worse, they'll make up MORE lies. If you're dealing with a professional, this can go on for days. For the liar, this works the mouth muscles, and agility, because they have to do a lot of fancy footwork. For the party being lied to, the workout is focused on the belly and jaw, where they're keeping their mouth shut and squeezing their abdominals to keep from laughing at your outrageous story.

Another example? The ever-popular 'I shouldn't have to tell you what's the matter. You should already know.' Now we all know this means you're in trouble. And even bigger trouble because you don't even

know what you did wrong. At this point, asking the other party to tell you what you did wrong is roughly the equivalent of tearing off a scab the size of a Buick. It's only going to serve to piss them off even more. But what do you do? You see, this part of the workout is just a warm-up. You've got to use up a lot of energy just to find out what you'll be arguing about. So pace yourself. It's a most challenging set.

But now what? You can't exactly start listing all the things you may have done wrong, hoping to hit the right one. Because you may end up listing something that he or she doesn't know about. How much would that suck? She's pissed off because you forgot your 3-month anniversary, but you apologize for scratching her car. He didn't want chicken for dinner again, and you blurt out that you're boinking his best friend. From here on out, this workout is one we like to call the back-pedal. It mainly works the brain and the tongue. And rest assured, you'll really work up a sweat with this one. Depending on what you blurt out (and your back-pedal technique), you may actually get to work your upper body as you pack and move your bags.

Another approach is to flatly apologize for whatever you did, even if you have no clue as to what your offense was. If the other party is easily dazed or confused, this may work in conjunction with a quick change in subject, or 'jazz hands.' It works particularly well if you throw in something the other party really likes. An example?

'Well, whatever I did, I'm sorry. Want to get a sundae at Dairy Queen?'

'I didn't mean it. Want some Prada shoes?' (Then the 'jazz hands')

This is a nice, quick, low-impact workout. However, if your partner is quick-witted, you may still have to resort to the back-pedal. If they're pros, they'll get the shoes or the sundae from you, never verbally accept your apology, and pick up where you left off as soon as you get home.

Just a couple of examples for you. I'm sure you've got your own workouts, too, but I'll still argue that hot monkey lovin' is the way to go.

Oh yeah. One last thing. If at any point during your relationship, you 'feel the burn,' you might want to visit a clinic.

Soon.

That's the rant.

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Check out Kwam's other columns at Zromance.com ('East Meets West'), YouMarriedHim.com ('A Man's View'), and GetRomantic.com !

I'm a 27-year-old Advertising/Marketing Senior Writer with a slightly skewed perception of the world. I've been writing my rants since early 1999. They're humorous brain-dumps, all about relationships, TV, movies, driving to work...you know, LIFE. And as long as humans are humans, I'll always have

something to write about. See more or subscribe at <http://groups.yahoo.com/group/kwamrants>

The Power of the New Year

By Mark Susnow

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THE POWER OF THE NEW YEAR

Every year at this same time we all experience the same ritual. We assess how we did during the year. First we look at our bigger goals and that's the easy part. We either hit our goals or we didn't and we all feel differently about our success. The more difficult part is when we look at our subtle or personal goals which include our relationships, our food choices, our spiritual practices and a myriad of other possibilities. And of course this brings us to the New Year.

In the beginning of the year we are enthusiastic about beginning anew. There is a power and determination that we only experience once a year. We might implement a healthy body program which includes diet and exercise, or we might renew our business or relationship goals.

Whatever it is we usually recommit or expand upon our past goals with new fervor and new power but it's inevitable as the weather changing our most noble intentions encounter resistance. For a while we are able to resist the resistance but ultimately we falter and give in just like in other years and end up modifying our goals and resolutions. If we approach the New Year with the same old attitudes, beliefs and patterns is it really a new year? What we're really doing is giving in to our negative mind. We are letting our negative thoughts run our lives and stop us. It's the nature of the mind that it will always find ways to distract us from our focus.

We will not be able to expand what is possible in our lives until we transform our relationship to resistance. Once this occurs the way we look at goals and resolutions will also be transformed and the possibilities in our lives will be infinite including mastery over our negative thoughts.

Let's make this year have a power that you have not previously experienced. Assume there will be resistance, and assume that it doesn't matter if there is because you know what's on the other side.

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You know that not giving in to resistance is the gateway to transforming your life.

A few years ago my son, Josh, brought home a quote from the gym that speaks to me and I think will speak to you. It's about "The Workout" and how a workout is much more than going to the gym and getting exercise. When we look at "The Workout" as a metaphor for life, the possibilities for transformation are infinite. And then the form of the workout doesn't matter.

WHAT IS A WORKOUT?

A workout is 25 percent perspiration and 75 percent determination. Stated another way it is one part physical exertion and three parts self discipline.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind and toughens the spirit. When you work out regularly your problems diminish and your confidence grows. A workout is a personal triumph over laziness and procrastination. It is the badge of a winner—the mark of an organized, goal oriented person who has taken charge of his or her destiny.

A workout is a wise use of time and investment in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door to opportunity and success. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.

A workout is a form of rebirth. When you finish a workout you do not simply feel better, you feel better about yourself.

There will be continual challenges along the way that will enable you to experience a sense of mastery over your resistant mind. Let me know what it is you discover in this quest to make a daily practice part of your life. To expand upon this opportunity you might want to rewrite this quote using a different word than workout. On a practical level what is your workout going to be? In a metaphorical sense what will your workout represent? I am curious as to what comes up for you and I love receiving your many responses and feedback. Feel free to pass this letter on to the friends in your circle and let them know about the advantages of being on the journey.

Some of you have wanted to know about my other programs and services. In addition to one on one coaching a great way to make the lessons of these letters your natural way of being is through my Ecourses and Teleclasses. In February, I will be leading a powerful and dynamic leadership retreat on the magical island of Kauai, Discover the Leader Within. Hope you can join me. Have you had an opportunity to read my weblog, Journeyon? I love writing it and hope you love reading it. I am expanding what is in this ezine and your suggestions are welcome.

Journeyon,
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Mark Susnow, formerly a trial attorney for 30 years is a coach, speaker, and group facilitator. He's inspired hundreds of people to believe in themselves and to achieve their goals and dreams. Contact Mark to discover how you can benefit from coaching and his other programs.

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