

# Growth & Wellness

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BY: EMILY TARJEFT MS LLP ASDCS

## NOW ACCEPTING INSURANCE!

### *Quality Services Covered*

I am pleased to announce that I can now accept insurance! Cost is a common barrier to starting therapy, but utilizing insurance can help. Don't let cost get in the way any longer, reach out to get started. I will verify coverage before your first appointment, so there is no need to worry about getting stuck with an unexpected bill.

If you don't have an accepted insurance plan there are still additional options for coverage. If you have a Health Savings Account, therapy services are approved medical expenses, which means you can it for payment. Many plans have out-of-network benefits that offer financial relief. I can provide a Superbill to be submitted for reimbursement for out of pocket therapy expenses, reducing the burden on you.

If you still have questions, reach out to learn more! You don't have to do this alone.

### Accepted Plans:

BCBS PPO  
BCBS Traditional  
Blue Care HMO  
BCNA Connected Care



## UNITED FRONT

### *Free Blended Family Workshop*

My exceptional colleague Anita Rothert and I will be partnering up to present a 4 week virtual series on creating healthy blended families. Learn the Love & Logic approach, how to discipline, and how to support your kids during this transition. Additional topics will include communication, problem solving, and relationship building!

Register today!

[www.bit.ly/TGCunitedfront](http://www.bit.ly/TGCunitedfront)

# YOUR GUIDE TO HEALTHY & SECURE RELATIONSHIPS

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*We all long to be truly accepted & loved. Here's how.*

I believe all humans have the desire to love and to be loved, but navigating relationships can be hard! According to Pew Research Center, nearly half of American's think dating is harder than it used to be, and that's only romantic relationships. We experience relationships all around us; family, friendships, and even our workspace. Learning how to establish and maintain healthy relationships is crucial for our wellbeing.

## *The Sound Relationship House*

Julie and John Gottman developed The Sound Relationship House theory to help couples establish and maintain a healthy and secure relationship. Through their research, they identified the qualities needed for a lasting and meaningful marriage. I believe this theory can be adapted to fit other types of relationships- not just romantic. Learn how to build your Sound Relationship House, floor by floor.

## *Floor 1: Build Love Maps*

This floor encourages us to gain a full understanding of the other person. Our “Love Map” consists of all the knowledge about the other person: their dislikes, passions, experiences, important relationships, values, and so on. In order to fully accept someone, we must fully know them. If you’re not sure where to start, there are many great tools available, including online articles about questions to ask your partner and the Gottman’s Love Map & Open-Ended Card Deck to encourage more dialogue. There is no wrong way to build your understanding of the other, just keep learning.

Keep in mind: we need to consistently add to our knowledge about our partner. As we progress through life we will have new experiences, develop different preferences, and create new goals. Keep sharing with each other.

## *Floor 2: Share Fondness & Admiration*

We tend to develop relationships with people who have qualities we appreciate and enjoy. In a new relationship it is very natural to express admiration and to compliment the other person. Over time, we may do this less frequently. We might think that the other person already knows so we don’t need to tell them, or maybe we just get so caught up in the daily grind that we forget. Don’t let this slip! We need to continue to express to our partner what we like and appreciate about them to maintain a secure and healthy bond. Continuously share with them all the big and little reasons you love them!



In challenging times, turn towards your partner for comfort, attention, and support. If you have unmet needs, collaborate and communicate with your partner to create a plan to meet them. Remember, you can accomplish more together.

### Gottman’s Sound Relationship House

1. Build Love Maps
2. Share Fondness & Admiration
3. Turn Towards
4. Positive Perspective
5. Manage Conflict
6. Make Life Dreams Come True
7. Create Shared Meaning

## *Floor 3: Turn Towards*

This principle is simple: in difficult times, lean on your partner. We may have a tendency to withdraw, seek support from someone else, or may even feel like you and your partner are against each other at times. In a healthy relationship, both people are on the same team, working together and relying on each other to ensure that both parties’ needs are met.

## *Floor 4: The Positive Perspective*

In a healthy relationship, we can assume that both parties want the best for each other, but all relationships experience conflict and hurt. Taking The Positive Perspective means you will assume the best and give your partner the benefit of the doubt at all times. In a healthy relationship, partners aren't trying to upset the other and they are not seeking revenge for hurt. Instead, they hold a belief that their partner has good intentions and is equally invested in the success of the relationship.

## *Floor 5: Manage Conflict*

As we know, conflict is inevitable. No amount of admiration or belief in our partner's good intentions will eliminate all disagreements. The good news: you can still have a healthy relationship with conflict! In fact, well managed conflict can lead to better outcomes overall.

Managing conflict well can take some effort and skill, but it is so worth it. Try these tips for improved conflict management.



### Healthy Conflict Tips

- Use Assertive Language
- Engage in Self-Soothing and Relaxation Techniques
- Be Collaborative - Accept Your Partner's Influence
- Use Active Listening Skills
- Use Problem Solving to Resolve Problems
- Develop a Plan to Navigate Perpetual Problems
- Use Gottman's Fair Fighting Rules

## *Floor 6: Make Life Dreams Come True*

Each person enters a relationship with their individual dreams and goals. These may relate to career goals, skill development, or experiences. In a lasting relationship both partners support and encourage the success of these individual goals.

## *Floor 7: Create Shared Meaning*

Similar to Floor 6, Floor 7 is about accomplishing goals, except it focuses on the goals of the couple. Here, both partners work (together and individually) to reach the dreams they have for the relationship. This could include goals like buying a home together or creating a Pizza Date Night ritual every Friday. Working together to create meaning makes the relationship feel more fulfilling for both partners.

# Fair Fighting Rules

1. No Yelling

2. No Interrupting

3. No Cussing

4. No Sarcasm

5. No Blame or Accusations

6. No Name Calling

7. No Defensiveness

8. No Generalizations (always, never)

9. No Physical/Emotional Intimidating  
Gestures/Violence/Threats

10. No Walking Out without Naming a  
Follow Up Time

Adapted from The Gottman  
Institute's Fair Fighting Rules