

## Coming Up

### Celebrate Love Seminars

A two day seminar for married couples exploring spirituality and sexuality in the Catholic context.

#### 2007

Masaka, Uganda Nov 24 & 25

#### 2008

Sydney, NSW Mar 8 & 9  
London, GB Mar 8 & 9  
Brisbane, QLD Mar 8 & 9  
Christchurch, NZ Mar TBD  
Perth, WA Mar TBD  
Wodonga, NSW Mar TBD  
Warnervale, NSW Apr 5 & 6  
Melbourne, VIC Apr/May TBD  
Kent, GB Jun 7 & 8  
Sydney, NSW Aug TBD  
Brisbane, QLD Sep TBD  
Birmingham, GB 1 & 2 Nov  
Sydney, NSW Nov TBD

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Embrace

Preparing to Live in Love

A six session programme for engaged couples preparing to marry in the Catholic Church.

**Available Now!**  
in Brisbane, Sydney,  
Central Coast,  
Newcastle, Perth,  
London

[www.Embrace.org.au](http://www.Embrace.org.au)

### Smart Loving Evening Talks 2007

Dates & Venues to be determined

[www.CelebrateLove.com.au](http://www.CelebrateLove.com.au)

### Living Well Media Resources for Catholic Families

A selection of CDs & DVDs are available including Christopher West and Byron & Francine Pirola

[www.LivingWellMedia.com.au](http://www.LivingWellMedia.com.au)

## Smart Loving

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## It Takes One to Tango Part IV

# Change Starts Here

All change in your relationships should start with yourself. While it's comforting to be able to blame your spouse for the inadequacies of your marriage, expecting them to change to meet your demands is not only ineffectual, it's not a very loving approach. The truth is you can't control your spouse. You may certainly try, but you most likely won't succeed. And even if you do manage to coerce them into the behaviour you want, you'll undermine your trust which will ultimately erode your intimacy. Domination, manipulation, coercion or any other form of control really is a losing strategy in any love relationship.

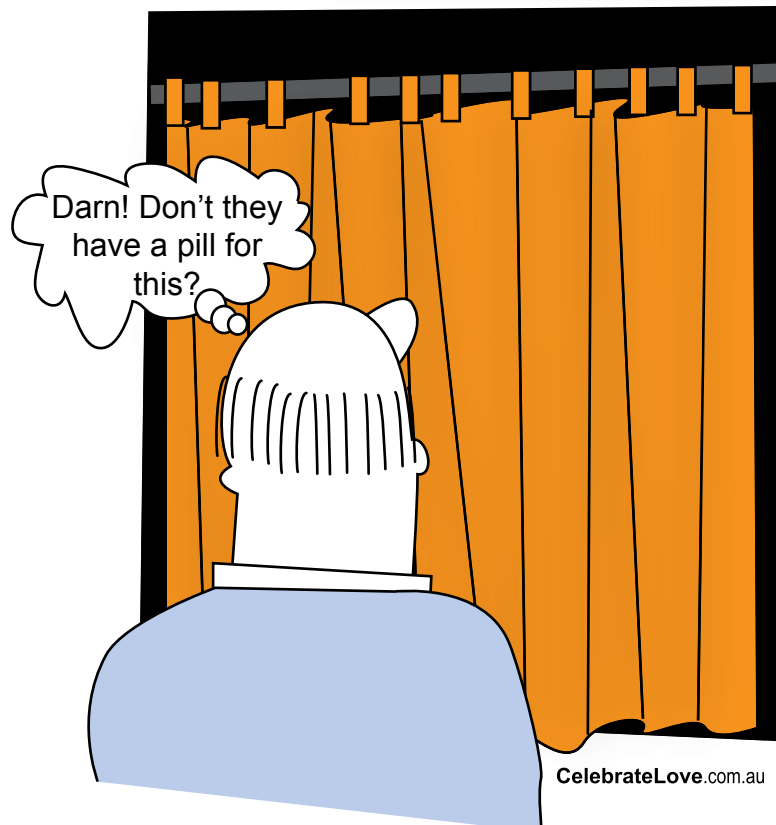
Rather, for effective and powerful change in your relationship, look to yourself. Your thoughts inform and motivate your actions, so think about how you can change your thinking. If you are in the habit of criticising your spouse, apply some mental discipline so that whenever you start to think negatively about your spouse, consciously choose to think compassionately. Instead of keeping a mental list of your grievances against your spouse, make a mental list of your gratefulness. If you are in the habit of reacting aggressively when things don't go the way you want, challenge your attitudes of entitlement. If you tend to brood on past hurts and disappointments consciously discipline your thinking to dwell on positive memories instead.

Almost every marriage will have periods of disillusionment. If you are of a mind to wait for your spouse to lift their game, you are in danger of slipping into a downward spiral of increasing isolation. Don't wait for the other; be the grown-up and make the first move.

Change your thinking and you will change your reactions. It's that simple.

### MINDSET CHANGE ROOMS

Please Leave Destructive Thinking Outside



[CelebrateLove.com.au](http://CelebrateLove.com.au)