

Introduction To Your Relationship Minute

What can you learn about improving your relationships in one minute? A lot!

Welcome to Your Relationship Minute, I'm Douglas Johns.

My mentor, Dan Wile, the creator of Collaborative Couple Therapy, would say, "Intimacy could be a sentence away."

So just imagine for a moment that you and your partner are having a big argument, the kind all couples have, and what if one sentence, from either of you, dropped the temperature and your defenses just enough to inspire intimate conversation and connection?

What is this sentence? It's unique to the moment: It requires, among other things, self-reflection, a willingness to be vulnerable, and compassionate curiosity. While not a magic bullet, your arguments can enable a platform for deeper intimacy. And isn't that what we all want from relationship: a safe place to reveal our true selves with someone we love and who loves us?

Stay tuned; there's more to come.

I'm Douglas Johns and I'm a Couples Therapist. More information at [Your Relationship Minute dot com](http://YourRelationshipMinute.com).

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