

What I Learned From An Elderly Couple

Your Relationship Minute. I'm Douglas Johns.

Years ago I saw a couple in my office married fifty years; both were close to eighty years old. While I've long since forgotten their original complaint, I most certainly remember one specific thing the husband said to solve the moment.

In our first session an argument broke out. Finally the wife angrily exclaimed, "You don't understand me and you never have!"

How did the husband respond? With this simple reply: "Perhaps you're right. What don't I understand?"

That was brilliant! He turned towards his wife, softly, rather than angrily defending himself. He remained calm, not appearing to take her comment personally. And he inquired into her perspective; a definitive example of this husband's attempt to construct a compassionate and collaborative platform for intimate dialog.

And what was her response to him? Instantly she appeared more relaxed while calmly expressing her perspective; further evidence that intimacy could always be just a sentence away.

I'm Douglas Johns and I'm a couples therapist. Please like and subscribe. More at YourRelationshipMinute.com