

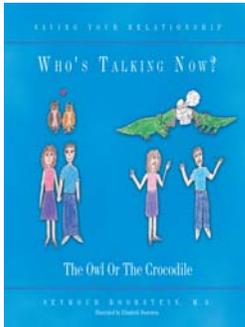
CHICAGO BRIDE

The Diary of a Love Doctor By Dr. Seymour Boorstein

In your struggling relationship, if you recall that you once loved each other, there is hope that you can revive those feelings.

- During any conflict, first, try to calm down. Become aware of your negative feelings, including: anger, irritation, and annoyance.
- Take a time out. Get some distance from the problem.
 - Go to different rooms for a bit to get some “Space”
 - Go for a non-talking walk or other activity together or separately.
 - Watch a “light” movie together.
 - Go for a quiet dinner.
- Once you have calmed the situation, even if it sounds silly or contrived, *say something positive* and complementary to your partner. This will help to further defuse the situation.
- While discussing the problem, avoid the word “**YOU**” which mostly is used and heard as implying blame.
- Try to focus the conversation on your personal distress, for instance, “*I feel worried* that I am not good enough.” Gently ask your partner to help you with your fear or worry.
- If in your calmness you can be aware of your hurtful actions in the situation, you should apologize for those actions. It will be extraordinarily helpful in healing your damaged relationship. Something as simple as, “*Please forgive me* for yelling at you earlier.”

It is my experience that if couples can begin to successfully use the techniques which I have described, and are further elaborated on in my book; the healing processes can begin and lead to a long and open positive relationship.



Who's Talking Now?

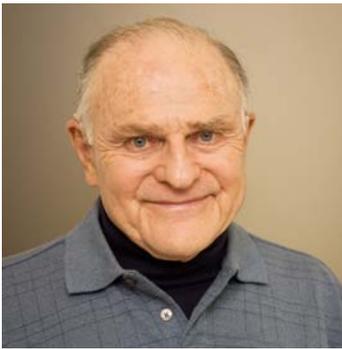
The Owl or the Crocodile

By Dr. Seymour Boorstein

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Available at [Amazon](#), [Barnes & Noble](#), and [AuthorHouse](#) online bookstores.

About the author:



*Dr. Seymour Boorstein began practicing psychiatry in 1956, after graduating from the University of San Francisco School of Medicine, Dept. of Psychiatry. After three years of training at the Menninger Clinic, he went on to obtain psychoanalytic training at the San Francisco Psychoanalytic Institute. Still currently in private practice, for the past 40 years, he has also been teaching at the University of California San Francisco School of Medicine supervising and teaching psychiatrists in training. Boorstein's previous publications include, *Transpersonal Psychotherapy and Clinical Studies in Transpersonal Psychotherapy*. He has been married to his wife Sylvia for the past 60 years and has four children and seven grandchildren.*

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