

THE WALLS BETWEEN US

This month's E-Zine is prompted by something I have found myself discussing with couples at least 15 times this month: brick walls between us.

My visualization of intimacy and lack of it between our partners looks like this: I see each resentment held against our partner as another brick added to the wall between us. Unless the bricks are removed, we will not be able to be close. I need to feel safe and loved in order to remove a brick and risk looking over the wall and attempting to be close.

Unfortunately, in this model, there are actually two walls, mine and my partner's, and I cannot pound on my partner and request or demand that they reduce their walls and get close to me. I cannot affect my partner's resentments/bricks except through cherishing my beloved. If I do, then my partner might feel good and safe and interested in closeness and intimacy and remove one of their bricks on their own, allowing us to be closer. If I choose to drop my resentments towards my partner, then I can be closer too – and it helps if I am treated in the kindest and most loving way.

So, I encourage you to be more loving and to cherish your beloved as a way of making the resentments and the little hurts in life seem less significant.

Thanks to those couples this month that helped bring this issue to light.

Sincerely,

Russell

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