



## Dr. Chalmer's Newsletter - Issue #15

Everything about relationships! Be kind, don't panic, and have faith.

### Ideas, Ideologies, and Bullshit

Those of you who are regular subscribers to my newsletter will note that this one is different.

But given the horrendous events in Israel in recent days, I want to step away from therapist mode.

I wrote two chapters in my book *It's Not About Communication!* about ideas versus ideologies, and what happens when ideas metastasize into ideologies. Essentially, when ideas become ideologies, they become caricatures of the ideas they came from.

Think liberating people from oppression is a good idea? So do I. But let me cut to the chase. If you consider yourself someone who is concerned about social justice, and you justify what Hamas did in Israel on October 6 as if it were somehow connected to a liberation movement (which Hamas isn't), you're not only misinformed. You've lost your moral compass entirely.

Judy and I talk about this in our podcast. [Here's the link.](#) I invite you to hear it. I welcome thoughtful responses.

I hope and pray that next time I can get back to my usual musings about couple relationships.

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# Helpful Links



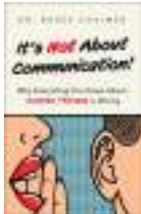
## Podcast

Couples Therapy in Seven Words



## Website

Dr. Chalmer's website:  
Books, couples therapy practice, blog



## It's Not About Communication!

Why Everything You Know About Couples Therapy is Wrong



## Reigniting the Spark

Why Stable Relationships Lose Intimacy, and How to Get It Back



## Seven Words to Jump-Start Your Love Life

What You Need to Know About Relationships, in One Sentence



## My Husband Complains About My Cleaning! What Do I Do?

Hint: It's Not About the Cleaning

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