



## Dr. Chalmer's Newsletter - Issue #26

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



Please tell your email app to display images--if you're not seeing my smiling face, your email isn't cooperating!

### Welcome to Issue #26!

If you want to catch up on earlier issues, you can find the archive [here](#).

For starters, here's an update about my son Eli. In early October, Eli was seriously injured in a climbing accident, when he was hit in the head by a large chunk of rock that had dislodged above him. If you're new to this newsletter (welcome!), I wrote about it in the [Issue #25](#).

After about five weeks in the ICU, he was moved to a rehab facility, where he has shown some slow but encouraging progress toward recovery. He has responded to verbal instructions (e.g., to wave, to point, to do a thumbs-up, to squeeze a ball), so he's processing language. He's still not fully awake--I think his current state would be called "minimally conscious"--but the rehab doctors have noted enough progress that they've extended his stay.

As I write this, he's back in the hospital for more surgery, first to drain some fluid, and then for cranioplasty, which is surgery to replace the part of his skull that was removed with a 3D-printed prosthesis. Once he's back at the rehab facility, they'll be stepping up their interventions--or, as one staff member put it, they'll really be "kicking his ass" to get things going.

Many thanks to those of you who have offered your prayers and good wishes for Eli (his Hebrew name is עלי אשר בן יהודית for purposes of healing prayers in synagogue). And many thanks to those of you who contributed to the [GoFundMe](#) campaign to help Jessie (my daughter-in-law) deal with the loss of Eli's income and the extraordinary costs of care they will be facing.

Now let's get back to talking about relationships!

Send me a message

## The One Simple Ability that Solves All Relationship Problems

Not too grandiose, right? Click-bait, right? Yes, I'm claiming that there's one ability that solves all relationship problems--and not only that, I'm claiming it's simple!

What is this all-powerful yet simple ability?

It's the ability to be moderately annoyed.

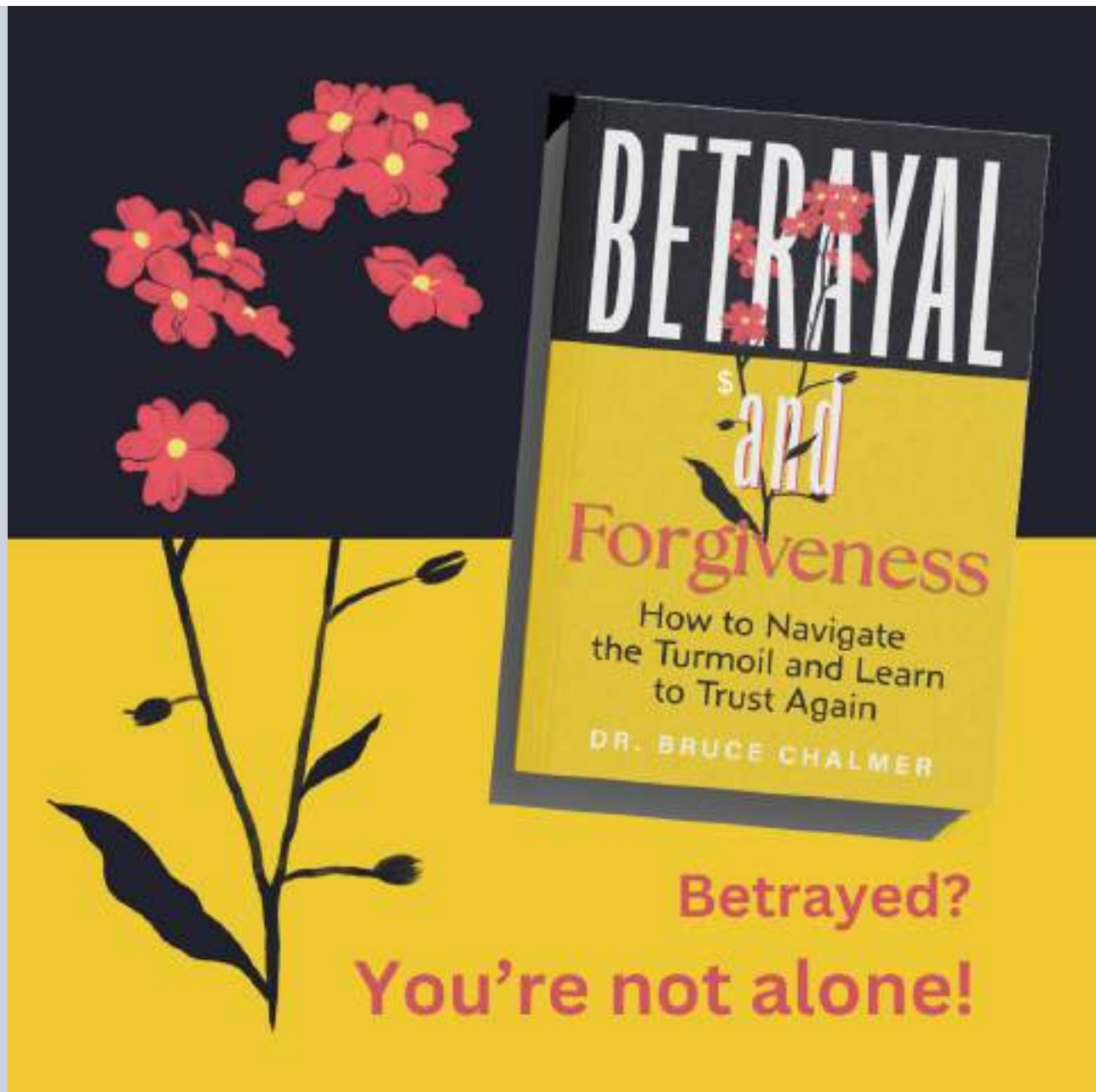
Think about it. To be moderately annoyed means that you've experienced something you don't like--that's the annoyance part--but you haven't crossed over into anger, or catastrophizing, or other forms of panic.

When your annoyance stays moderate, there's a part of you that realizes that annoyance is part of the human condition. We're all frequently annoying to people around us, as well as frequently annoyed by them.

Judy and I have talked about this on our "Couples Therapy in Seven Words" podcast--in fact, I first came up with this gem one day when we were expecting to interview a guest who canceled last-minute. [Here's the podcast we did about it](#), and [here's another one](#) where we responded to a listener query about when annoyances turn into deal-breakers. And yet [another one](#), where I noted that even politics can be "solved" with this simple ability.

What do you think about this idea?

And by the way...if you haven't already got my latest book, it makes a great holiday gift!



## Recent Podcast Episodes

Speaking of our podcast, here are some themes of recent episodes you might want to check out. You can find the video versions of our podcast at [my blog](#), and the audio versions at [our podcast website](#).

- [Rules of Estrangement](#) - Dr. Joshua Coleman on family estrangement and how to heal it
- [Tantric Dating, Mating, and Relating](#): Catherine Auman explains how tantra can enhance relationships
- [Negotiating Polyamory](#): Anneke Elmhirst takes us through the complications and potential rewards of polyamory for those who want it
- Accountability and Relationships: Robert J. Hunt tells us about accountability and its importance in any relationship

- [Psychedelic Therapy for Couples](#): Dr. Steven Radowitz explains how ketamine and other psychedelic substances can be used in a therapeutic setting to help individuals and couples
- [Attachment Style and Relationships](#): Bev Mitelman describes how attachment style affects us, and how knowing about your own attachment style can help you heal
- [Healing from Betrayal Trauma](#): Mr. Jay tells about the particular issues involved when someone is traumatized by betrayal
- [What Can Straight Couples Learn from LGBT Couples?](#) Laurel Roberts-Meese explains
- [The Importance of Sexual Health in Couples Therapy](#): Kelly Ghweinem tells us why couples therapists need to be comfortable talking about sexual health with their clients

That's it for now--see you next time!

**P.S.** If someone forwarded you this message, and you'd like to subscribe yourself, [go to my website](#) and watch the magic box appear that says "Click here to sign up for Dr. Chalmer's Newsletter!" I'd love to welcome you on board!

Please take a moment to make sure these emails actually make it into your inbox! The easiest way (at least for those of us in Google-land) is just to add me to your contacts.

[Here's a link](#) that tells you how to do it for various email services. Please let me in--it's lonely in the Spam or Promotions folder!

[Newsletter Archive - Click Here for Past Issues](#)

## 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



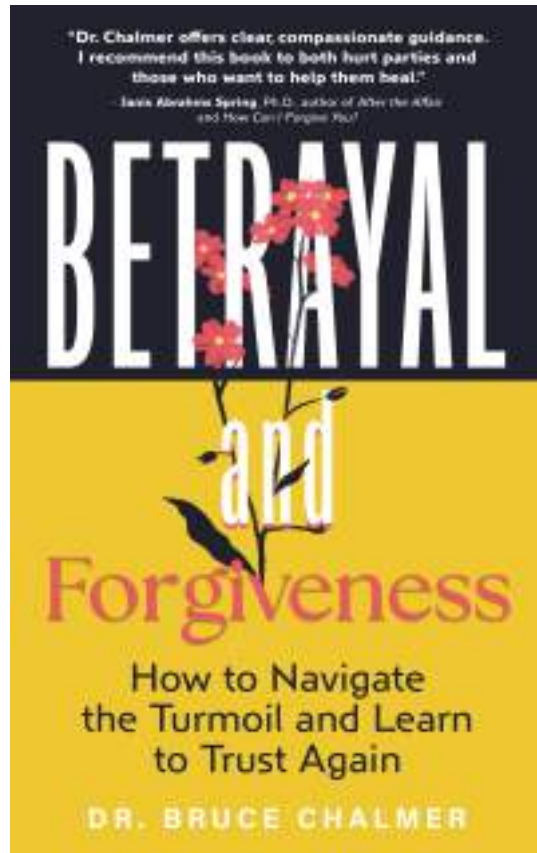
## Reigniting the Spark

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

## Betrayal and Forgiveness

How to Navigate the Turmoil and Learn to Trust Again

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