

The

February 2012

Warrenton Lifestyle

Living & Shopping In Wonderful Warrenton, VA

magazine

CHOCOLATE SHOP

THE CHOCOLATE LOVER'S WINE

Red Wine with Natural Dark Chocolate Flavors

In this issue...

**Warrenton's
Clubhouse:
Boys & Girls Club**

**Governing Warrenton:
How It All Started**

...AND MORE!

LOVE

IS YOUR RELATIONSHIP

“Women marry men hoping they will change. They don’t.
Men marry women hoping they won’t change. They do.”

~Bettin Arndt

The society we live in teaches us to seek love and security through a romantic relationship. There is much focus on falling in love but not much emphasis on how to maintain a stable, lasting, and intimate relationship.

“Movies, songs, fragrances etc. are all cashing in on the “love phenomenon.” Everyone wants to fall in love because it can feel like a drug, creating a state of euphoria. We need to remember that this is a temporary state and that the real work of love can be difficult and challenging. It often requires us to dig into our childhoods to uncover and examine some hurts and traumas. Our unresolved issues and hurts from childhood will most likely be played out in our romantic relationships. Yes, we all have unresolved issues from our pasts. The key is to be aware and equipped emotionally on how to deal with this. You may need to look at your past, but don’t pack your bags and go dwell in the past. It’s okay and even important to start talking about your disappointments, frustrations, and your feelings in your relationships. Many people believe it to be a sign of weakness to admit their relationship is less than perfect. Relationships are hard work and we need to be realistic. Asking and seeking help is a sign of strength.

Women are more present in the workforce. Today’s woman is insisting that men become more involved in family matters and that they develop a level of sensitivity and responsibility that was unheard of a generation ago. Unfortunately, many men were not raised to be relational human beings. They were raised to be competitors and driven by achievement. Often boys had sensitivity either psychologically or physically stamped out of them. They

grew up and married women who were raised to be accommodating.

This is all changing. Actively in the workforce women are coming home to a second job of housework and childcare duties. They are overwhelmed and they are expecting their partners to help out more.

For generations women have learned how to be accommodating. As women become more empowered through education and learn to speak up, they are rocking the boat in their relationships.

Men are being faced with a decision to change or deal with unhappy partners and unsatisfying relationships. Women are faced with the challenge of expecting and asking more from their partners. Often times this sets up women to feel unfulfilled or to over function in their relationships.

Both sexes are often left confused and wounded but their wounds are different. Couples need help in dealing with their conflicts. It really is too much to figure it out on your own. Both men and women are longing to connect but don’t seem to be able to access the tools they need to do so.

There is a crisis occurring in relationships and we need to start talking about it. This is an overview of what occurs in many relationships. Your relationship may or may not fall into this category. I would like to see more individuals and families having discussions about how to have emotionally healthy and respectful relationships. Some of the skills which are necessary in an emotionally healthy relationship are:



Michelle Kelley, LCSW, is a licensed counselor with the Fauquier Counseling Center. She has been working with tween and teen girls for over 15 years. The “Girl World” is her area of specialty and she is passionate about helping girls to understand their relationships and to empower them to create healthy relationships in their lives. She has two daughters, one tween and one teen (one Jack Russell Terrier and one Golden Retriever). For more information check out her website: GirlsStandStrong.com

By Michelle Kelley

IN CRISIS?

- Actively listening to and understanding another person's feelings
- Clearly and respectfully communicating your feelings and needs
- Expecting and receiving respect in return

When a child is raised in an environment where these skills are taught and used, they are more likely to recognize and be attracted to individuals who are emotionally healthy. Isn't that what we want for our children?

In working with couples, I try to bring the focus back to respect. If there is any type of verbal, emotional or physical abuse in a relationship, then the relationship is doomed. My recommendation is to seek professional advice on how to respond to any type of abuse, especially the subtle, emotional abuse which can cause irrevocable damage.

I work with girls and women to help empower them in their relationships. Empowerment means recognizing and owning your personal power.

My information and suggestions come from a combination of my work as a therapist and my life as a mother, daughter, sister and career woman. I have been married and divorced. My marriage was a wonderful opportunity and experience (this is how I choose to look at it now) and my divorce has been even more enlightening. I enjoy my busy life of raising two daughters, though I am often a bit tired at the end of a day.

I recommend the following books for individuals or couples who want to understand more and learn how to create positive changes in their lives.

- The New Rules of Marriage: What you Need to Know to Make Love Work by Terrence Real
- How Can I Get Through to You? by Terrence Real
- The Seven Principles for Making Marriage Work by John Gottman
- Facing Love Addiction by Pia Mellody



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