

LET & ABLE Newsletter

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I still believe! In a day and time when uncertainty and change abound, I still believe. To believe in today's world requires a conscious decision to focus on what is possible and what is promised.

We often miss the mark and give up too soon because our focus gets off track and leads us down rabbit holes. Broken focus can also lead to us experiencing an expensive lesson, loss of life, levels of fear, and internal unrest. For these and other reasons, we are to protect our focus and keep believing.

For many of us, our dreams and goals are right on the other side of us continuing to believe. When the going gets tough, the tough get going and use their ability to believe. When we believe, our efforts become fruitful as we attempt to see a way out of no way. The act of believing and standing firm on it can set into motion unheard of blessings and successes.

What I like most about believing is that we do not need anyone's permission or approval to believe. I also like the fact that I feed my ability to believe when I stay energized and active, maintain a steady diet of possibility, and remain dressed in humility.

I am ready to keep believing in the things important to me. Are you ready? I am setting myself to go all in to keep my beliefs alive. Are you willing to do the same thing? To have what I want, need, and deserve, I am willing to forsake all and block out the noise. Have you decided to follow my lead?

Recco

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Published By

RSRC

**Recco S. Richardson Consulting.
Flushing, MI .. Flint, MI**

Welcome To Our Counseling Team!



Aereonna Pool, MSW, LLMSW

Aereonna is a Limited Licensed Social Worker. She demonstrates empathy and relatability skills that help her to connect with clients, while they develop independent personal resolution skills. Her approach to counseling is primarily strength-based therapy and cognitive behavioral approaches. Aereonna is a graduate of University of Michigan- Flint where she obtained her Bachelor's of Social Work. She also graduated from the University of Kentucky with a Master's of Social Work degree. Via individual counseling and group settings, she helps children, adolescents, young adults, families, and parents address behavioral issues, high stress situations, anxiety, depression, anger, and life skills.



Michelle "Shelly" Gleed, MS, LPC

Shelly is a Licensed Professional Counselor. She strives to offer an environment where clients feel safe sharing their personal journey, work on resolving problems, and accomplish their desired goals. Shelly's Master's Degree in Counseling from Spring Arbor University is supported by a Bachelor's Degree in Family Life Education from Spring Arbor University and an Associate's Degree in Child Development from Jackson Community College. Overall, Shelly has a combined 25 years of experience working with children, adolescents, and families in different capacities. She uses a variety of counseling techniques and believes every client has the solutions to their dilemmas within themselves.



Individual/Family Counseling

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My Thoughts on the Marriage Relationship

by Recco Santee Richardson, Ph.D., LPC

In the past, I intentionally avoided documenting thoughts regarding marriage. In my mind, marriage is a sacred institution and should be revered to the point of me not commenting on what someone else's relationship should entail. The recent increase in requests for marital counseling moved me to change my position and to finally pen thoughts regarding marriage.

When it comes to having a healthy marriage, I have lots to say and imply. It is possible that my 32 years of marriage to my wife (Rene), dozens of families living related graduate school classes, life experiences, and other ideas give me insight into marriage.

The following are tips and strategies for having a healthy and successful marriage. The information can be helpful to those who are single and desire to eventually get married.

a). The Relationship: We sometimes forget that marriage is a relationship. To relate to someone, there is a need to get to know them over and over. As individuals, we change, develop new interests, enhance our values, and mature in our desires and needs. Because of this, healthy marriages require getting to know and relating to each other in new ways. We must improve how we relate to our spouse.

Failure to do so can lead to a disconnect with each other and no longer knowing who our spouse is and what is important to them. Renewing our relationship takes time, effort, compromise, processing, transparency, and a desire for a stronger marriage. When we consistently connect with the love of our lives in new ways and consistently, it strengthens commitment to the marriage, serves as a protective factor, creates levels of excitement, shows that we still care for each other, and prompts additional honest and regular communication.

This Article Discusses

- >Marriage Secrets
- >Staying Connected
- >Communication
- >Compatibility
- >No Losing Yourself

b). Honest & Regular Communication: Honesty remains a vital component of the marriage relationship. There is a spoken rule that what we say and do should be from a place of honesty and accurate assessment of situations. Honesty begins with us as individuals and then is extended to our spouse (and the relationship). Failure to be honest with ourselves and within us leaves the door open for future counter-productive marital deceit, lying, manipulation, and selfishness.

The length and topic of the communication is not the most important thing. Rather, regular communication on a variety of topics at various times is what is important. I have learned that the more I talk about small and large things with my wife, the more connected we feel to each other. Our communication encourages connection. Connection can promote unity, peace, a sense of security, understanding, and a desire to go all in for the relationship.

***"Communication
helps marriages."
Dr. Recco***

It does not take long to realize and see that regular communication should not be forced, one-sided, self-centered or feature wasted words that are empty. Instead, it should come from a place of love for your spouse, wanting a strong marriage, friendship, care, and comfort.

c). Compatibility: Healthy marital relationships require some level of compatibility. Compatibility means the state in which two people exist or occur together without undue problems or conflict. Compatibility encourages marital gems such as friendship, agreement, affinity, bond, like-mindedness, adventure, respect, appreciation, and dedication.

It has been my experience that compatibility works as a cleansing agent that fights off drifting apart and rebukes cracks in foundations that erode relationships. Healthy marriages feature a willingness and ability to acquire the life taste of the spouse and move past our personal preferences that serve as roadblocks.

To do the stated, a level of emotional maturity, inner-healing, and personal insight is needed and should be discussed with your spouse sooner than later.

d). Individuality & Independence: Within the marriage relationship it is important for each person to maintain as much of their individuality and independence as possible. While we do become one with each other, there remains a need to be an individual who has their own views, likes/dislikes, dreams, and desires.

Once married, we don't cease to be who we are. Rather, marriage should enhance who we are. The key is to not let the quirks found with being an individual sow seeds of discord and mistrust in the marriage. If not careful, it is easy to confuse individuality with independence.

"Once married, we don't cease to be who we are."

Individuality is who you are and your preferences. Independence is the freedom to be who you are and needing little support from others in your pursuit of living a full life (with/without your spouse as a participant). It is not wise or advised to be too emotionally, socially, physically, and financially dependent on anyone, including your spouse.

"In marriage, everyone should win" Dr. Recco

Even in marriage, we should have an ample supply of independence that works for the good and benefits both adults.

f). Intimacy & Sex: Successful marriages often feature the presence of intimacy and feeling close to the spouse. Intimacy and sexual fulfillment is secured via spending time together, communicating and sharing daily experiences, hoping for each other, working as a team, managing the cares of the world, exploring, growing together, and agreeing about decisions that need to be made. An alternative way to create intimacy and sexual fulfillment is via toys, watching adult rated movies, and illicit drug usage. This option can lead marriages to a dead in road.

It is held that intimacy has little to do with the act of having sex and it takes time to develop in a relationship. Typically, when intimacy is not adequate in a marriage, the couple's sex life will be average at best and hit and miss most of the time.

I have found that the best way to ensure a robust and great sex life with your spouse is to ensure intimacy, know your body and your spouse's body, good personal hygiene, get adequate rest, have minimum stressors, practice pacing, and have clarity of mind.

How To Contact Us

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