

Free Therapy Session.....Week 1

Posted by cordnoy - 12 Aug 2013 18:48

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Patient: I am feeling pretty s@#\$\$%y today

Dr: Why is that?

P: Well, my wife went to mikvah Thursday night, and we still didn't um...you know

Dr: I hear: is she feeling ok?

P: Yes, it seems so.

Dr: Is she stressed?

P: Is she breathing; is she alive? of course she's stressed!

Dr: Aha! So how have you been handling it?

P:Well, I the last several weeks I have been rlistening to R' Pemansky's tapes; his primary focus as of now is that the wife must be treated ALWAYS with affection...in actions and in tone. I have also been practicing focusing on her needs, like R' Dessler says; not on mine. We have both been reading a book about marriage from Dr Chapman that discusses the language of love, and that one must know his spouses language, for otherwise, you will not be loving properly.

Dr: Very interesting; sounds like you have been making progress. How is the marriage?

P: much improved. We are talking more, making eye contact more. It is pleasant....um...except for the last 12 - 16 hours or so.

Dr: Well, let's get back to that soon. How was the intimacy Thursday night?

P: It actually was very good all around; she was in a very good mood. We didn't end up...you know...finishing, but it was a very enjoyable for both evening.

Dr: And over Shabbos?

P: Lukewarm at the best.

Dr: So what do you think happened lately?

P: I'm not really sure. Perhaps stress of the weekdays coming up; perhaps something else.

Dr: Can you ask her?

P: Um...like straight out?

Dr: Yes; like this: "Darling, how are you feeling? Is all ok?"

P: Well, actually, I did that several times, but once or twice it might have had a sexual connotation, like I wanted something.

Dr: And she doesn't like that?

P: Sometimes yes and at times, no...no set rule, but...she was doing that smily winkly thing several times in day...although that usually doesn't translate into intimacy.

Dr: Here is what I suggest. Since I'm not a professional (for I am actually you), and things have been going fairly well the last several days, I suggest that you continue where you left off yesterday. Write her a love note via email. Ask her out for lunch. Clean the house for her (ouch! are you @\$%in serious?) Make that phonecall during the day saying you love her, and most of all: Wipe that dejected look off of your face! Life is on the upswing...don't let one day get in the way.

P: Aha...ok...um...I'll try...and if it continues?

Dr: Time's up; gotta go. We will see you next week.

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Re: Free Therapy Session.....Week 1  
Posted by ZemirosShabbos - 12 Aug 2013 19:41

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love it!

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Re: Free Therapy Session.....Week 1  
Posted by chulentking - 12 Aug 2013 20:01

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This is great. I hope you paid yourself for the hour of therapy.

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Re: Free Therapy Session.....Week 1  
Posted by cordnoy - 12 Aug 2013 20:40

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Paid myself...and then returned it for good behavior.

I wrote the first part of email to her.

We will be doin' lunch!

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Re: Free Therapy Session.....Week 1  
Posted by chulentking - 12 Aug 2013 21:07

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[cordnoy wrote:](#)

Paid myself...and then returned it for good behavior.

I wrote the first part of email to her.

We will be doin' lunch!

Great. Enjoy!

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Re: Free Therapy Session.....Week 1  
Posted by Pidaini - 12 Aug 2013 21:32

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do you have any time open?

and are you seeing someone for multiple peronality disorder?

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Re: Free Therapy Session.....Week 1

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Posted by Lizhensk - 12 Aug 2013 22:43

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u mean i have to wait for next week for the next session? can we do this more often? every day that goes by, i am missing valuable marriage time with my wife!!!

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Re: Free Therapy Session.....Week 1  
Posted by MendelZ - 13 Aug 2013 23:48

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[Pidaini wrote:](#)

do you have any time open?

and are you seeing someone for multiple peronality disorder?

He's seeing *himself* for multiple personality disorder.

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Re: Free Therapy Session.....Week 1  
Posted by MendelZ - 13 Aug 2013 23:53

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[cordnoy wrote:](#)

Clean the house for her (ouch! are you @\$%in serious?

Hahaha! I can so relate to that. When we hear our own voice telling us to do something we hate doing out of love for our wife. "Are you @#\$\$%in serious?" That says it perfectly.

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Re: Free Therapy Session.....Week 1  
Posted by cordnoy - 14 Aug 2013 00:32

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I almost had a talk with the "rabbi" in me today, but I cant write it down; one should not talk to a rav like that

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Re: Free Therapy Session.....Week 1  
Posted by reallygettingthere - 14 Aug 2013 00:56

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was probably similar to the conversations I used to have with Hashem

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