

## **THIS VALENTINE'S DAY - WE'VE GOT SOME GIFTS FOR YOU!**

*This month we're offering a few different ways to see how slowing down for relationships isn't just good for us, it's also good for society.*

**Do try this at home** - Want to learn how to create more of a "team" approach at home? Or find a little more fun as a couple? Read on to see what we have planned for next week's Thursday with ThirdPath, or to learn from the expert advice we've included in today's email.

**Mark your calendar - Anne-Marie Slaughter** - a champion for the importance of both men and women creating time for caregiving - has rescheduled the Thursdays with ThirdPath webinar she is doing with us to **Thursday June 9th**. It also happens to be our 6th annual Father's Day webinar!

**Get a jump start, Wednesday February 10th** - If we are going to create an economy that gives visibility and value to the work of caregiving, we must have economic measures that help us track our investments in these activities, and the economic value of those investments. Scroll down to learn more about these measures and to register for a one-of-a-kind "Caring Economy" webinar.

**Join us in Philadelphia**- April 21st we will be having our **2016 Integrated Life Advocate Forum**. This is an energizing event where work-life coaches, therapists, bloggers and passionate individuals join us for a day of learning

and community building around the work we do to supporting men and women - as caregivers and leaders - to follow an integrated approach to work and life. [Click here to learn more.](#)

***And a token of our appreciation*** - We are also announcing the winners of our Brigid Schulte book raffle. After a record number of generous individuals donated to our 15th anniversary annual campaign, 15 names were drawn to receive a free copy of *Overwhelmed*. See "PS" for the list of winners.

Happy almost Valentine's Day.  
/Jessica and the ThirdPath team

**PS - To continue the celebration of ThirdPath's 15th anniversary**, here are the 15 winners for the drawing of Brigid Schulte's book, *Overwhelmed ...* Alice Lyon, Amy&Marc Vachon, Beulah Trey, Bill Taussig, Chip Hunter, Elizabeth Hall, Jeff Greenhaus, Kathie Lingle, Lana Rogachevskay, Phyllis Moen, Nate Lewis, Nicole Tell, Robyn Pease, Shannon Farmer. **Congratulations!**

# February 10: Counting Care In A free Caring Economy webinar with Riane Eisler

*Join Riane Eisler Wednesday, February 10, 2pm ET (11am PT), for a free 60-minute introduction to the Social Wealth Economic Indicators.*

Jessica DeGroot will also be participating in this webinar. Together they will be discussing how the work of "caring" isn't just essential to our families, it's also essential to the long-term economic health of our country.

The conventional assumption has been that a strong economy and caring for people and nature are at odds. **Social Wealth Economic Indicators (SWEIs)** demolish that assumption. SWEIs show the benefits of investing in care, and the real consequences of devaluing it - not only for women (who still do most of the care work), children, the elderly, families, and the natural environment, but also for economic competitiveness.

***We all know the profound impact that care and caregiving work have on human development and well-being, but in order to shift our patterns of investment, we must be able to show the value of care in economic terms.***

To create an economy that gives visibility and value to the work of care and caregiving, we must have economic measures that help us track both investments in our Social Wealth, and the economic value of those investments.

**Counting Care In** takes a detailed look at the Social Wealth Economic Indicators, an essential tool for everyone seeking to make the case for caring policies such as paid parental and sick leave, caregiver tax credits, better pay for care workers and

educators, and increased investment in early childhood care and education.

*"Counting Care In provides... provides highly valuable information delivered in a well-organized and yet succinct fashion, presented clearly and including time for discussion. I also enjoyed excellent presenters and the opportunity to speak with Dr. Riane Eisler, one of the great cultural thinkers/activists in our time. And appreciated that the webinar has follow up options for more information and engagement."*

-Sheila Roher, Center for Partnership Studies Alumni

Download the [executive summary](#) of **Counting Care In**.

Or join Riane Eisler, Sara Saltee and Jessica DeGroot when they discuss this important topic Wednesday 2/10 at 2pm ET (11am PT).

Click here for [information and registration](#).

# Start the Revolution at Home!

*Want ideas that will help jump start your "courageous conversation" at home? Ideas that could improve your team work and create more fun?*

*Join us this Thursday February 11th (1pm ET) to hear three ThirdPath community members share "lessons learned" from the courageous conversations they had with their partners.*

Or read on to learn what two of our favorite authors had to say on the subject:

## ***Let Go of the Score Sheet ...***

When the give and take feels unfair within a relationship, couples often start keeping score of the growing injustices.

To break the negative cycle and reconnect in a more positive way, **Dr B. Hibbs**, author of ***Try To See It My Way***, guides couples through four steps.

**Step one** - Recognize when an injustice has been done. This can be difficult and it may even feel like you are putting your relationship at risk. It also means opening yourself up to the role you have played in the situation - although this injustice may not be 50-50, none are 0-100.

**Step two** - Acknowledge the harmful consequences of the situation - and do this in a way that shows true remorse, compassion and helps each of you hold yourselves personally accountable.

**Step three** - Identify actions that can help restore a sense of fairness - some might be small "everyday changes" (not reading email at dinner and asking about each others' day), some might be "high-impact changes" (changing jobs or coming to couples therapy).

**Step four** - By following this process, couples begin to regain trust. And as Dr Hibbs points out, “As your reserves of trust rise, feelings of love and security flow. Your relationship begins an upward, hopeful spiral.”

## Reignite the Flame...

Ask Esther Perel what the challenges are for couples in the bedroom, and she'd say ***it's our culture's deep ambivalence around sexuality, and in particular “eroticism in the context of family.”***

Ms. Perel's book includes lots of great advice to counter this message as well as helpful case studies couples can use to rekindle the flames.

For example, she introduces us to Stephanie and Warren, a couple where the father works full time and the mom cares for the children full time.

Ms. Perel uses this case study to illustrate how some times, ***our ambivalence around being parents while also continuing to enjoy our sexuality, may mean the energy once channeled towards the couple, is now channeled only towards the children.***

Perel observes, “There are regular playdates for Jake but only three dates a year for Stephanie and Warren: two birthday and one anniversary. There is the latest kids' fashion for Sophia, but only college sweats for Stephanie. The couple rents twenty G-rated movies for every R-rated movie. And there are languorous hugs for the kids while the grown-ups must survive on a diet of quick pecks.”

To avoid this problem, she reminds couples, “Eroticism in the home requires active engagement and willful intent ... We must unpack our ambivalence about pleasure, and challenge our pervasive discomfort with sexuality, particularly in the context of family.”