2GETHA MAGAZINE

JAN/FEB 2020 ISSUE

Intentional Relationships

Truly Stable Relationship

SCHEDULED SEX

Accept Your Partner

Our Journey With ADHD

HONEYMOON PHASE

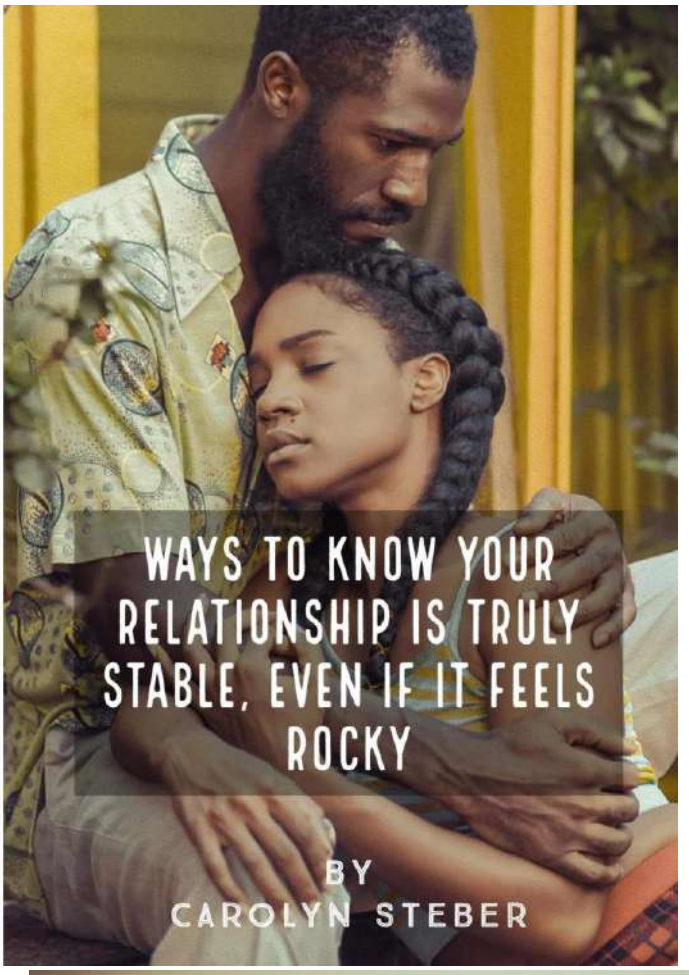
0720285238(WhatsApp)
www.2gethamagazine.com

Put Your Business on the 2getha Family Map

Advertise With Us

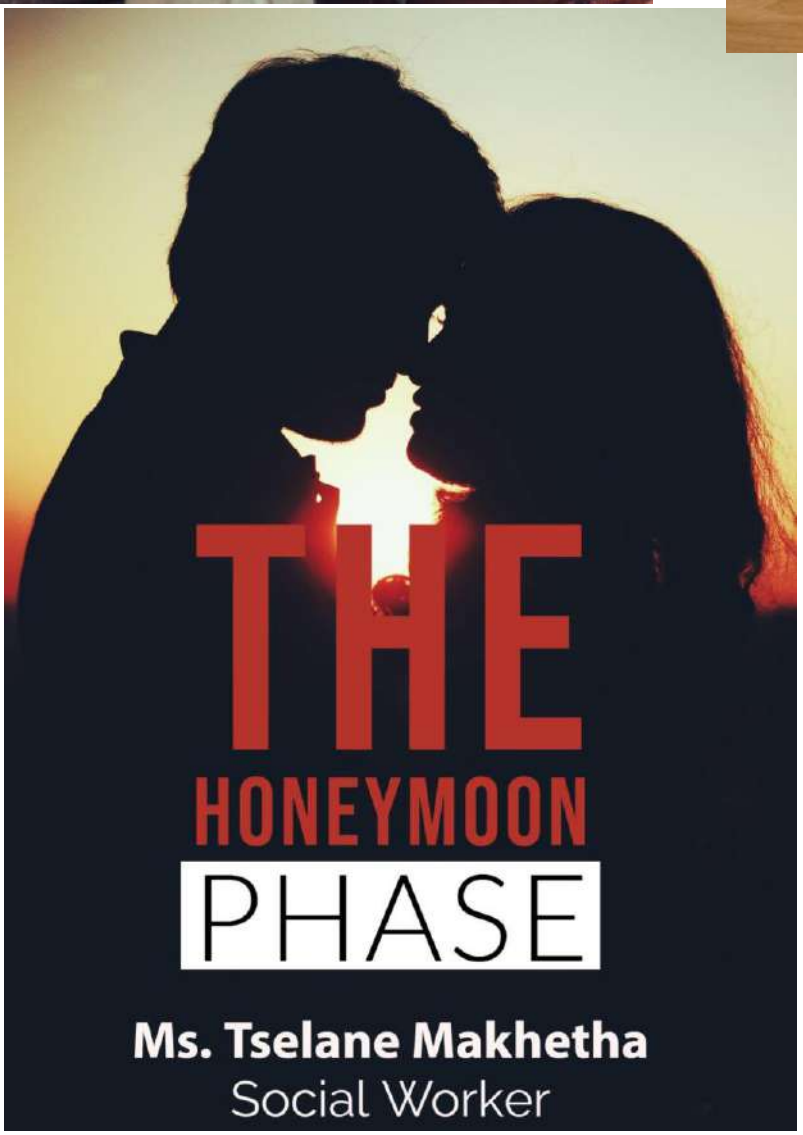
072 028 5238

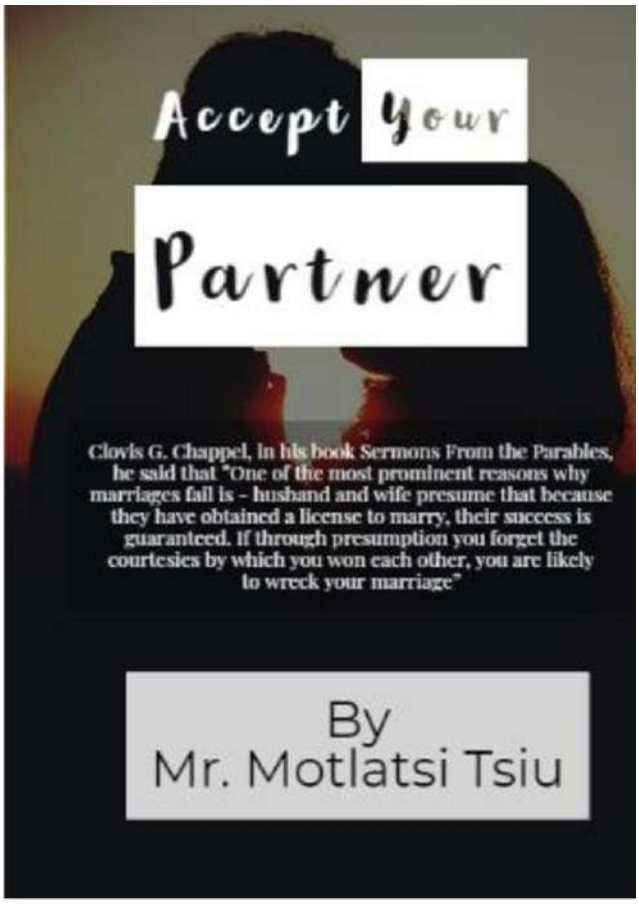
advertise@2gethamagazine.com


WAYS TO KNOW YOUR RELATIONSHIP IS TRULY STABLE, EVEN IF IT FEELS ROCKY
BY
CAROLYN STEBER

The Importance of Family Dinners

6 Keys to Making Scheduled Sex Hotter Than Ever
By Carrie Weisman
20
20
PLAN


THE
HONEYMOON
PHASE
Ms. Tselane Makhetha
Social Worker

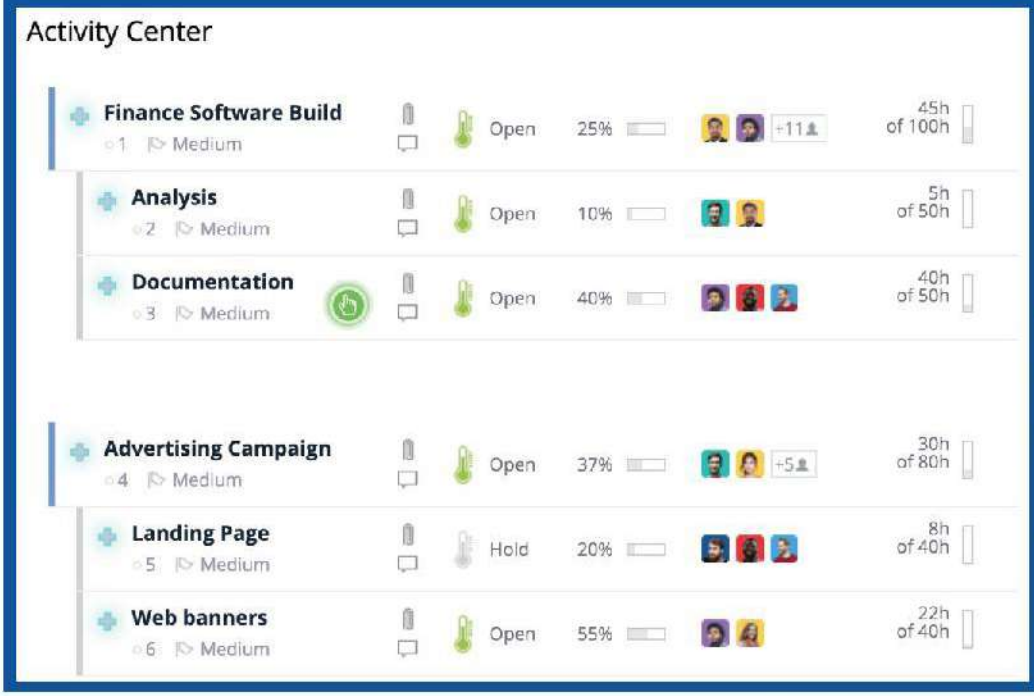

Accept Your
Partner
Clovis G. Chappel, in his book Sermons From the Parables, he said that "One of the most prominent reasons why marriages fail is – husband and wife presume that because they have obtained a license to marry, their success is guaranteed. If through presumption you forget the courtesies by which you won each other, you are likely to wreck your marriage"
By
Mr. Motlatsi Tsiu

TRY IT FOR FREE@ www.easyprojects.net

easyprojects

A Cloud-based Enterprise Work & Project Management platform for teams and departments across the organisation.

EASILY CREATE & MANAGE PROJECTS



- Full visibility into all projects and tasks at your fingertips.
- Unlimited hierarchy to handle the most complex projects.
- Quickly spot risks to your budgets or deadlines.
- Generate Reports
- Quick glance Dashboards.
- Share Messages & Documents.
- Track Project/Activity Time, Status, and Progress.
- Monitor resources workload.

Collaborate Better

- Enable team communication
- Easier accountability
- Faster approval times
- Exchange messages & files with team & customers

Gain Visibility

Get real-time project information on:

- Performance
- Progress
- Resources
- Timeline and budgets

Prioritize Resources

- Maximize resource efficiency
- Avoid resource overloading
- Assign to the right team members for the job

Track Time & Budgets

- Set budgets
- Monitor ongoing expenses
- Determine project profitability
- Performance to
- Minimize risk

Keep Customers Happy

- Engage customers or stakeholders real-time
- Submit requests
- Review and approve results

Automate Workflows

- Automatically create template-driven projects
- Automatically create projects from online forms

Integrates with the tools you use.

Excel Outlook Project

intuit QuickBooks. EVERNOTE

TRY IT FOR FREE @

www.easyprojects.net

Available now on the iOS App Store

Download it from Google play

Contact us@

Tel: +27 12 844 0551
Mob: +27 76 562 0272
Email: klaas@rootstocksystems.com

Counselling Sessions
Dr Jerry and Mrs Claudine Mofokeng Wa Makhetha

- Please note that Ntate and Mme Mofokeng conduct separate counselling sessions.
- It is entirely up to you to choose the counsellor.
- Sessions are conducted in Observatory (Near Eastgate Mall).
- Counselling Sessions are weekdays after-hours (17H30 - 19H30).
- Weekend Counselling depends on the availability of counsellors.
- No children are allowed unless they are part of the counselling session.
- A session is 2 hours.

Not registered with any Medical Aid Scheme.

- Confirm a date with your partner then confirm with us.
- If payment is not done within 24 hours, the date will be made available for other clients.

- BANKING DETAILS

ABSA
Name: Twogetha (pty) Ltd
Acc: 4097210503
Code: 632005
Type: Current Account
Ref: Your name and Surname
Send POP

counselling@2gethamagazine.com | 0720285238

PASTOR H & MAMA MASH COUNSELLING SESSIONS

- Please note that Pastor H & Mama Mash conduct counselling sessions together.
- Sessions are conducted in Honeydew (Roodepoort).
- Counselling Sessions are weekdays after-hours (18H00 - 19H00).
- Saturdays after 16H00 and Sundays after 11H00.
- No children are allowed unless they are part of the counselling session.
- Not registered with any Medical Aid Scheme.

- Confirm a date with your partner then confirm with us.
- If payment is not done within 24 hours, the date will be made available for other clients.
- BANKING DETAILS

ABSA

Name: Twogetha (pty) Ltd

Acc: 4097210503

Code: 632005

Type: Current Account

Ref: Your name and Surname

Send pop to:

counselling@2gethamagazine.com

0720285238

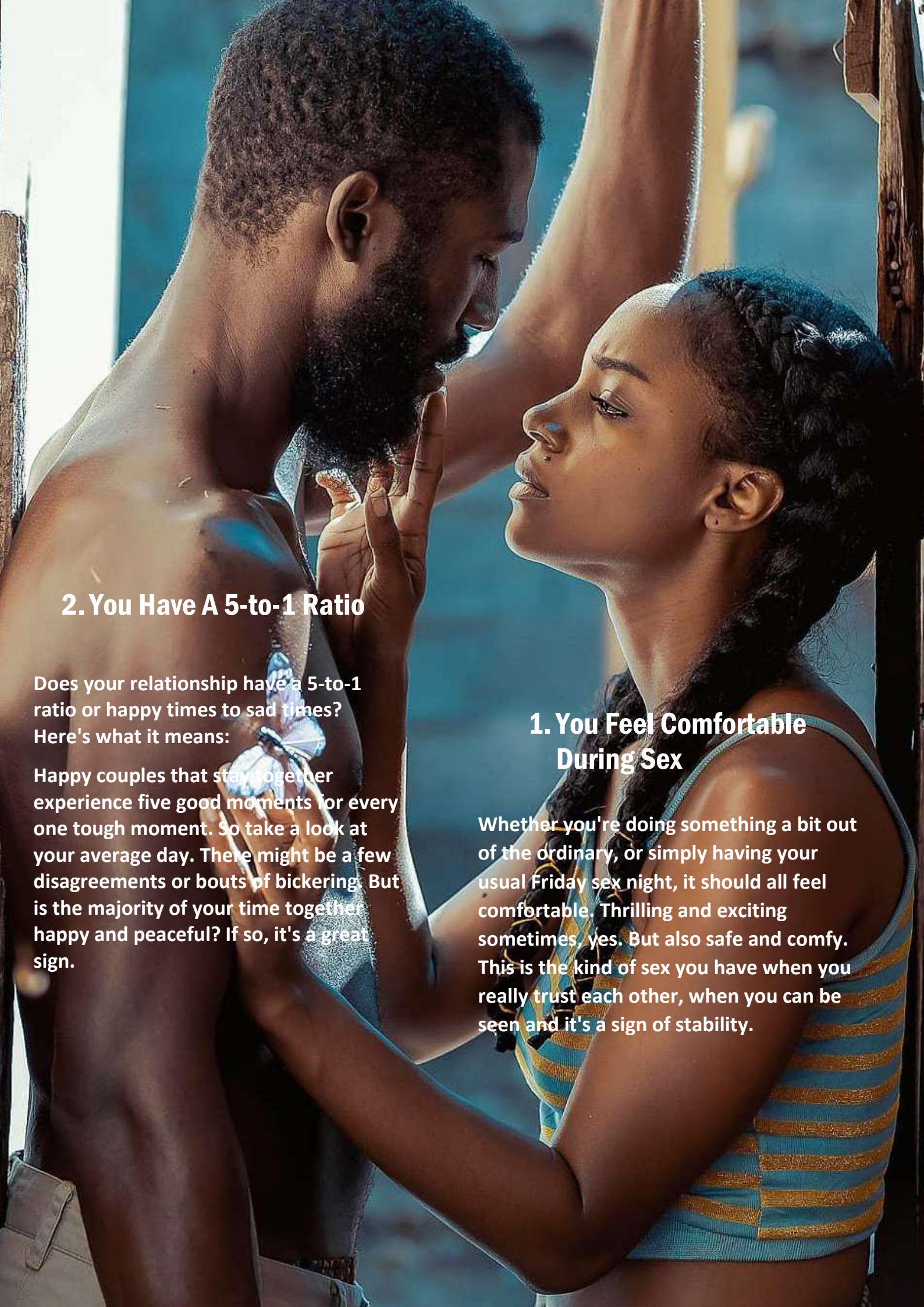
WAYS TO KNOW YOUR RELATIONSHIP IS TRULY STABLE, EVEN IF IT FEELS ROCKY

BY
CAROLYN STEBER

All relationships are difficult, and it's normal to feel like common long-term relationship problems may spell out serious challenges for you and your partner. Over the years, you will argue with your partner. And go through tough times. And encounter a few less-than-ideal situations. That's just the way life works, and weathering those moments together is part of being in a relationship.

But when your lives are a bit rockier than usual — or there's been an ongoing issue — it can leave you questioning whether or not your relationship is going to survive. And when that happens, it's important to look for signs your relationship is still stable, in spite of it all.

A stable relationship is a relationship that is built upon loyalty, trust, safety and consistency. When you can trust you partner and their character is consistent, the relationship has a strong foundation upon which to build. And, if you have that, it doesn't really matter what life throws your way. Here are a few ways experts say your relationship will stay strong, even if things are rough right now.



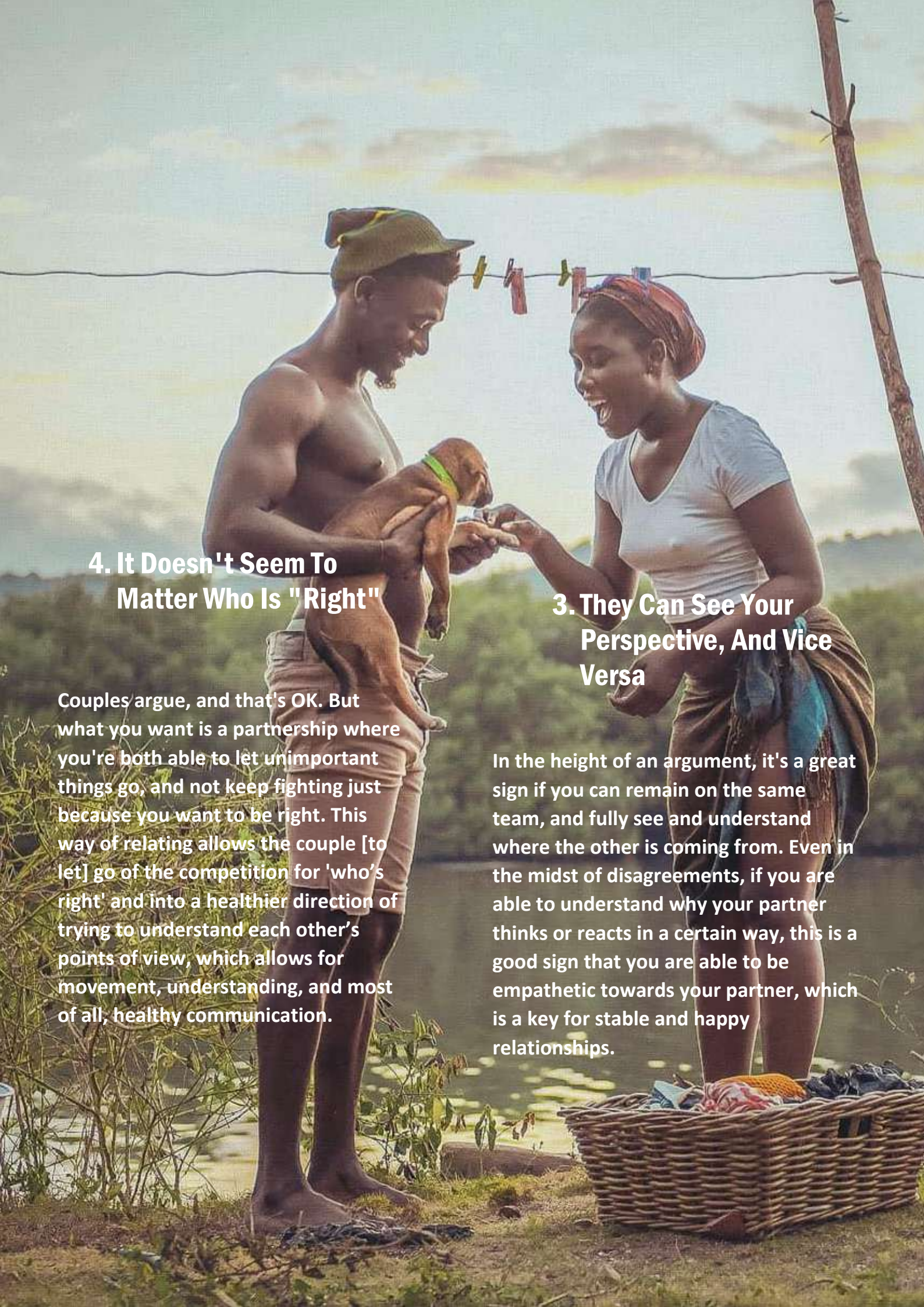
2. You Have A 5-to-1 Ratio

Does your relationship have a 5-to-1 ratio or happy times to sad times? Here's what it means:

Happy couples that stay together experience five good moments for every one tough moment. So take a look at your average day. There might be a few disagreements or bouts of bickering. But is the majority of your time together happy and peaceful? If so, it's a great sign.

1. You Feel Comfortable During Sex

Whether you're doing something a bit out of the ordinary, or simply having your usual Friday sex night, it should all feel comfortable. Thrilling and exciting sometimes, yes. But also safe and comfy. This is the kind of sex you have when you really trust each other, when you can be seen and it's a sign of stability.



4. It Doesn't Seem To Matter Who Is "Right"

Couples argue, and that's OK. But what you want is a partnership where you're both able to let unimportant things go, and not keep fighting just because you want to be right. This way of relating allows the couple [to let] go of the competition for 'who's right' and into a healthier direction of trying to understand each other's points of view, which allows for movement, understanding, and most of all, healthy communication.

3. They Can See Your Perspective, And Vice Versa

In the height of an argument, it's a great sign if you can remain on the same team, and fully see and understand where the other is coming from. Even in the midst of disagreements, if you are able to understand why your partner thinks or reacts in a certain way, this is a good sign that you are able to be empathetic towards your partner, which is a key for stable and happy relationships.

5. You Don't Give Each Other The "Silent Treatment"

How you act after a disagreement can reveal a lot about the stability of your relationship, too. A big sign that your relationship is stable, even when it feels rocky, is that after arguments, you are able to repair without the 'silent treatment'. When you are able to have a conversation and communicate when you are upset, your relationship is steady and secure.

6. You're Both Super Predictable

By predictable, I don't mean boring. What I mean is you're both stable and have values that you stick to, even when times get tough. If your partner has displayed a consistency of character over time, then your relationship may be more stable than you think.

7. You'd Still Like To Plan For The Future

After a rough patch, there's always hope if you're still down to stick together and think about the future. Couples that are in a troubled relationship but can still plan for the future are often in a better place than they think. Planning a future together implies a desire to be with that person through the highs and the lows, which over time will give them opportunities to learn how to build a more stable relationship.

8. When Arguments Arise, You Always Fight Fair

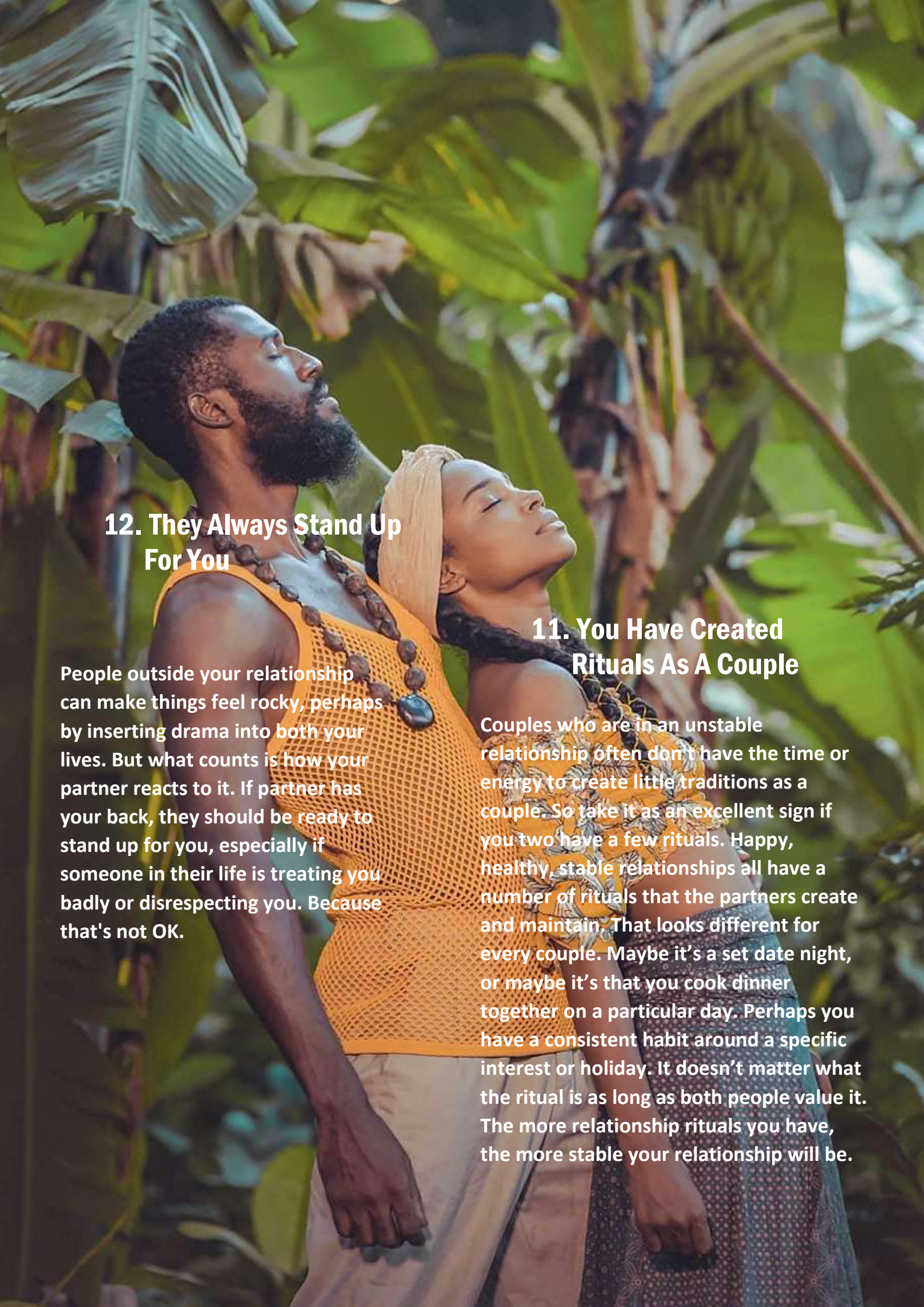
Again, arguing isn't so much the problem, as much as how you both act while doing so. People in stable relationships avoid name-calling, disrespect, and blaming during arguments. They insert humour and touch to diffuse conflict. In doing so, you're telling each other that everything's OK.

9. You're Both Willing To Attend To Each Other's Needs

It's not the end of the world if you have an ongoing issue or two. But it is something you should be willing to address and work on, as a couple. When a couple is able to attend to the needs of one another surrounding this recurring issue, it's a sign that they're on the right track. Partners in a stable relationship don't argue about the same issue whenever they see the opportunity. They make an effort to put negative feelings aside, and to better understand each other.

10. You're Involved In Each Other's Lives

Are you both involved in each other's lives, in a healthy way? Being involved in your partner's life means knowing what they're working towards, knowing who their close friends are, knowing what they like/dislike, and knowing what makes up their personality. If you're in a stable relationship, you know intimate details of your partner's life, which means you spend time listening to them and you are engaged in their life's journey.

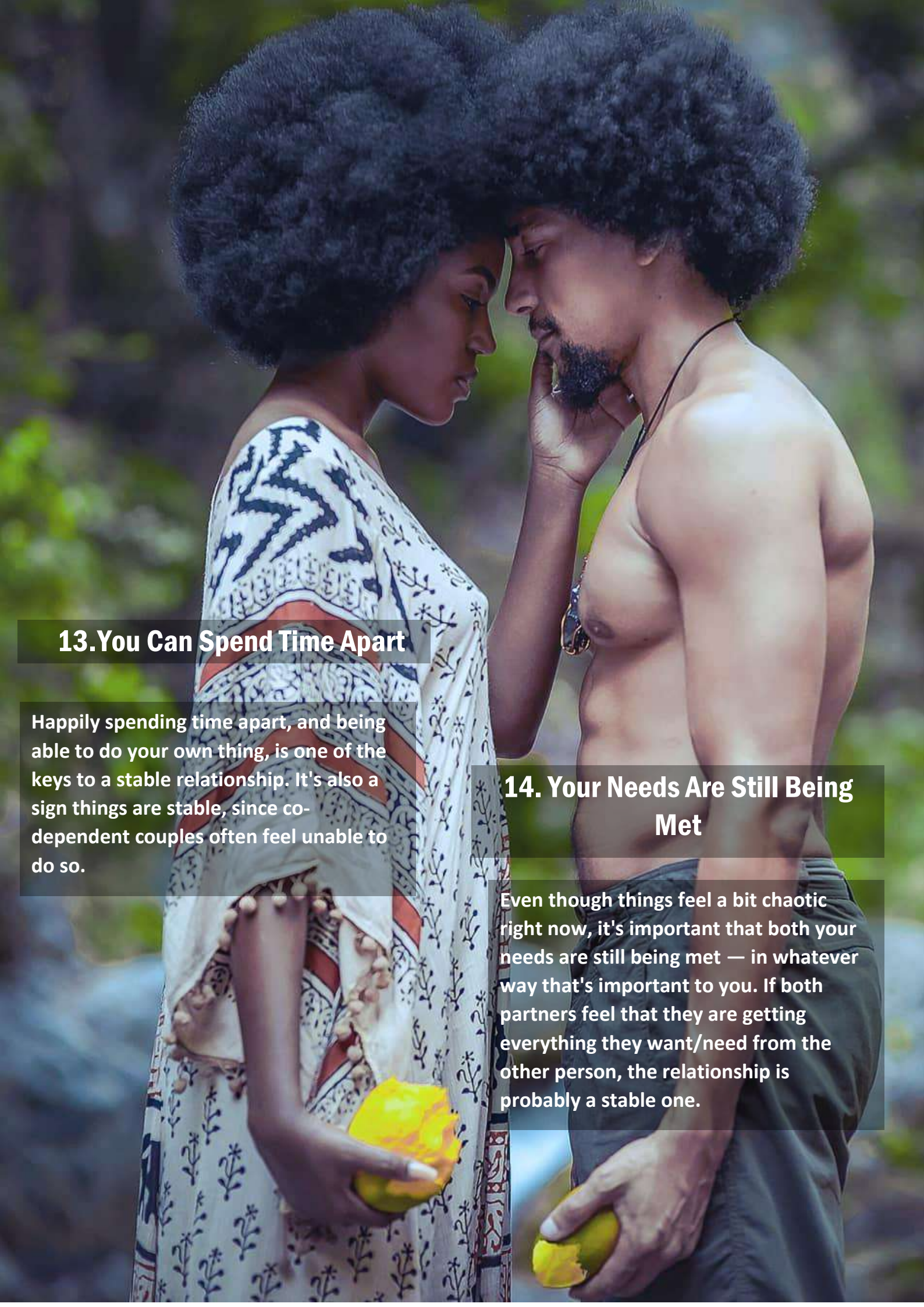


12. They Always Stand Up For You

People outside your relationship can make things feel rocky, perhaps by inserting drama into both your lives. But what counts is how your partner reacts to it. If partner has your back, they should be ready to stand up for you, especially if someone in their life is treating you badly or disrespecting you. Because that's not OK.

11. You Have Created Rituals As A Couple

Couples who are in an unstable relationship often don't have the time or energy to create little traditions as a couple. So take it as an excellent sign if you two have a few rituals. Happy, healthy, stable relationships all have a number of rituals that the partners create and maintain. That looks different for every couple. Maybe it's a set date night, or maybe it's that you cook dinner together on a particular day. Perhaps you have a consistent habit around a specific interest or holiday. It doesn't matter what the ritual is as long as both people value it. The more relationship rituals you have, the more stable your relationship will be.



13.You Can Spend Time Apart

Happily spending time apart, and being able to do your own thing, is one of the keys to a stable relationship. It's also a sign things are stable, since co-dependent couples often feel unable to do so.

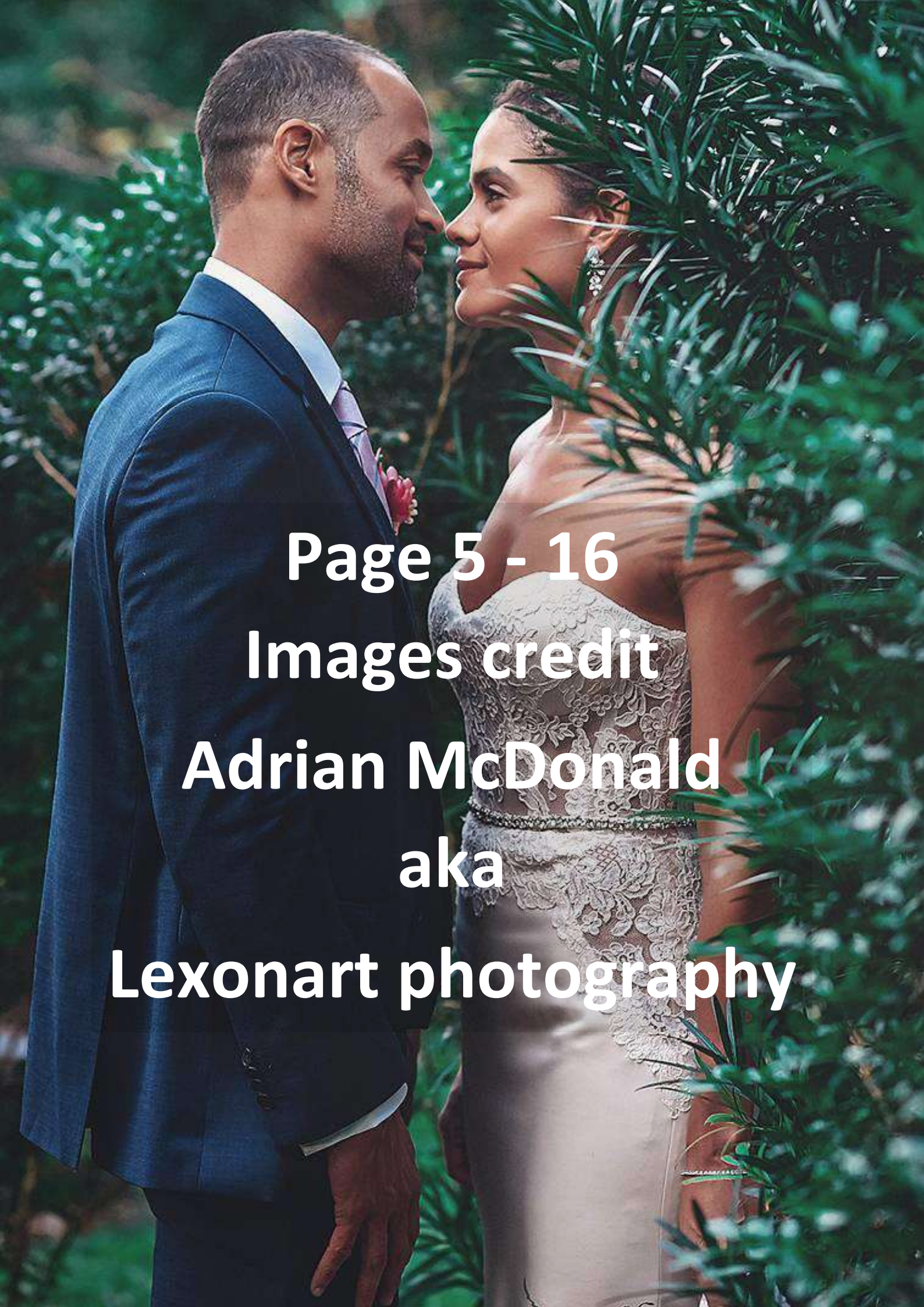
14. Your Needs Are Still Being Met

Even though things feel a bit chaotic right now, it's important that both your needs are still being met — in whatever way that's important to you. If both partners feel that they are getting everything they want/need from the other person, the relationship is probably a stable one.

16. Things Seem Equal And Fair

The moment one of you has more power than the other, consider your relationship unequal, and unstable. People in a stable relationship have a give and take. Neither person runs the show. Both partners' emotional needs are prioritized and they accept the influence of the other when making decisions.

But if your relationship with your partner feels balanced, and you're ticking off most of the signs mentioned above, you've probably got a healthy, stable relationship on your hands — even if things aren't 100 percent perfect right now.



Page 5 - 16
Images credit
Adrian McDonald
aka
Lexonart photography

Accept Your Partner

Clovis G. Chappel, In his book Sermons From the Parables, he said that "One of the most prominent reasons why marriages fail is – husband and wife presume that because they have obtained a license to marry, their success is guaranteed. If through presumption you forget the courtesies by which you won each other, you are likely to wreck your marriage"

By
Mr. Motlatsi Tsiu

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

Free-Ebooks.net