

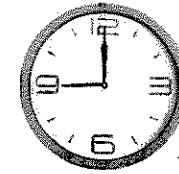
some of the load off Denise by sharing more of the clean-up, she was feeling more amorous toward Ron. He also noted that doing the chores helped him decompress: "After a day of what I do, dealing with all sorts of crises and complaints, washing baby bottles in our quiet apartment is such a relief!"



In this chapter, we went beyond individual work-stress coping skills and took the next step in achieving work-life balance: looking at how you think and what you do as a couple to create and preserve that balance. We challenged two major misconceptions about how to attain work-relationship balance—the “work harder and get better organized” theory and the “search for perfect equanimity” theory. We identified how four of the five major myths about couple time—the Myths of Spontaneity, of Perfection, of Total Control, and of Quality Time—drive those two problematic theories of work-life balance. You were introduced to an alternative: the seesaw theory of flexible, dynamic work-life balance, which is supported by the latest research. You learned specific strategies for attaining this realistic balance and for preserving not only quality but quantity time for your relationship. You saw that by challenging the fifth major myth about couple time—the Housework-Fun Incompatibility Myth—you could not only locate ready-made rhythms for connection in the chores you must do anyway, but also create a greater sense of fairness between you and your partner. This could increase the likelihood of igniting or restoring sexual passion in the female partner, especially if the male partner takes up more of the home-management and child-care tasks.

You learned how some of the other time issues covered in this book—pace differences, time perspective, punctuality, and rhythm—figure centrally in the challenges couples face in achieving work-relationship balance, and how to use your awareness of your differences to help build a better balance. And through the stories of other couples I’ve helped and the techniques I’ve shared with you, you’ve learned how to apply the Four Rs of changing couple time patterns—reveal, revalue, revise, and rehearse—to create your optimal work-life balance.

So you have the right ideas and you’ve got the tools. Now it’s up to you to use them!



Syncing and Flowing as a Couple

I WANT TO RETURN to this book’s original theme. It started with me and my relationship to time. I was a professional drummer and then became a psychologist and couple therapist. As I trained for my new career, I instinctively applied what I’d studied about making music to understanding couples. It won’t be a surprise to hear that most therapists assimilate or integrate the new theories and techniques they learn into the theories with which they’re already familiar and comfortable.¹ For instance, if a therapist was first trained to think psychodynamically—to think about how the unconscious meanings and feelings from early childhood motivate behavior—when she adds some behavior techniques (such as relaxation training) to her helping repertoire, she’s likely still to think about how the client’s unconscious feelings will be affected by learning these relaxation techniques.

Similarly, I assimilated the theory and practice of couple therapy into a theory from outside psychology altogether—music theory, especially rhythm. Doing so has allowed me to make some new discoveries about relationships that I wouldn’t have noticed staying only within the theories of psychology. I brought my experience of creating great relationships through playing the drums to what I was learning about creating great couple relationships.

Being a drummer in a band is similar to being a partner in a couple. The art, craft, and science of making great music with others are quite similar to making great music with an intimate partner. Both allow us to play. And relationships that feel like play, instead of hard work, are what we desire. As the psychoanalyst Donald Winnicott wrote, “It is in playing and only in playing that the individual child or adult is able to be creative and to use the whole personality, and it is only in being creative that the individual discovers the self.”² And it is in play that partners discover and truly enjoy one another.³

Let me explain.

The role of a drummer in any ensemble—whether it’s jazz, soul, funk, rhythm and blues, country, or even classical music—is to impose temporal order on the music. Our job is to “keep time.” We are charged with establishing and keeping “the groove,” the “time feel,” the beat, so that others can relax and feel energized to play the melodies and harmonies that make up the rest of the music. So, we drummers must exert our musical opinion on the rest of the group—we have to be leaders. As the great drummer Mike Clark, who while playing with the famed jazz pianist Herbie Hancock revolutionized jazz and funk drumming—and whose beats are frequently sampled by such diverse artists as Janet Jackson, Prince, Grandmaster Flash, Britney Spears, and Christina Aguilera—says, “As a drummer, you have to have a point of view.”⁴ If we drummers impose our rhythmic point of view on the ensemble without listening, we dominate and alienate the other musicians. And they will ignore us—or worse, we’ll get fired! So we must be forceful yet listen all the time. We must be responsive to their rhythmic needs yet keep our own groove going.

I think that fits pretty well with what happens in relationships when partners aspire to have equal power and influence on their joint lives. Each partner has a point of view, each expects respect for that point of view, and each needs to respect the other’s point of view. You have to understand your partner is another human being—an independent human with his or her own pace, approach to punctuality, time perspective, and rhythms—not to mention particular problems balancing work and life.

If you want to approach being in an intimate partnership in the same way that a drummer approaches being in a band, what are the key things you need to know to make your relationship great and keep it great over time?

Big Ears: Cultivating Deep Listening and Clear Communication

One of the highest compliments a drummer (or any musician, for that matter) can receive is to be told, “You’ve got big ears.” This is not a comment on the anatomical size of one’s ears; it means you’re a sensitive listener—“you hear me and respond supportively.” If instead a drummer is rockin’ (or swingin’) away, eyes closed in blissful self-absorption, immersed in his own beat without regard for what the other musicians are playing, he or she is likely not to keep that gig too long. In order to play with others, you have to listen.

You also have to speak clearly. Drummers who play beats that are too complicated and that keep changing don’t establish the dual feeling of

comfort and excitement that is the hallmark of a great beat. One of my greatest drum teachers, Fred Buda of the Boston Pops Orchestra, put it this way: “The job of the drummer is to create a rhythmic carpet for everyone else to walk on.” When it’s hard to understand what the drummer is “saying,” the guitarist or bassist will turn around quizzically—they can’t get a clear read on what he or she is playing, so they can’t do their thing. Fired.

As a couple, you may communicate quite well. If so, keep doing it! But if you find communication difficult, especially about problems, I highly recommend a set of research-tested techniques from a program called PREP® (Prevention and Relationship Enhancement Program) developed at the University of Denver’s Center for Marital Studies.⁵

Step 1: Avoid Hostile Communication Patterns: The “Time Out” Rule

The first step in the PREP® approach is to identify quickly when you are falling into destructive communication patterns, and to stop. In chapter 1 I introduced the four major problematic communication patterns identified in research with thousands of couples: Escalation, Withdrawal, Invalidation, and Negative Interpretations. Here are some specific forms of escalation to note and to avoid.⁶

- Summarizing self syndrome: arguments in which each of you reiterates the same point over and over, often with increasingly critical or contemptuous affect (as in “You don’t know what the hell you’re talking about,” followed by “Oh, I see, you are the expert. Huh, some expert!”)
- Yes, but: prefacing statements with a “yes, but,” which gives the patina of listening and seeing the other’s point of view, even though what follows shows you still insist on your opinion and your way.
- Cross-complaining: responding defensively to your partner’s complaint about one area of your life together (“You didn’t clean up the kitchen like you said you would”) with a complaint in another, sometimes wholly different domain (“Well, you never initiate sex . . . so we’re even”).
- Kitchen-sinking: piling on every complaint you have about the other, rather than focusing on what’s making you mad now. Example: “We need to talk. I am just so fed up with you. You are constantly late, you never call to check in with me or the kids, I have to do all the housework, you’re nasty to my parents when they come to visit, you’re

gaining weight, and you look terrible, you seem to have no trouble spending money on yourself, but when it comes to me, you're a total cheapskate, and, and, and... you leave your dishes in the kitchen sink, as if I'm supposed to clean up after you." This leaves the partner feeling bad, defensive, and unsure where to begin to respond.

- **Character assassination:** rather than sticking to the specific action that upset you ("I am so angry that you picked Jimmy up late from soccer!"), making global statements about your partner's personality ("You are the most irresponsible parent I've ever known."). Sometimes character assassination takes the form of downright name-calling ("You're such an idiot." "Face it: You're just a cold, cruel, shell of a man." "And you're just a jerk." "Pathetic loser.").
- **Catastrophic interpretations:** also known as "always-never" statements. Global statements about the frequency of your partner's behavior that take the form of "You're always late, you're never on time," "You're always rushing around and making me nervous," "You never clean up after yourself, I always have to do it." Even when statistically true, framing one's complaints in this global way usually (not always!) generates defensiveness. It's better to stick to a particular event, even if the problem has happened frequently.
- **Blaming:** laying total responsibility for the problematic situation at your partner's doorstep. ("The reason we have no time together is that you can't seem to manage your work." "The reason we don't get invited to parties anymore is that you always want to leave just as the fun is starting." "We'll never be able to move on to the future unless you stop constantly talking about what we did wrong in the past.") You might ask what to do when it's factually true: It may be that the reason a couple has no money is that one partner gambled away a small fortune, or the reason they rarely see one another is that one partner is frequently away on business. But like with always-never statements and character assassinations, it's best to avoid phrasing things in a blaming fashion. Instead, stick to telling your partner how you feel when he or she behaves in certain ways in particular situations. Be specific! That will help you and your partner know exactly what needs to change.

Make a pact with one another that if you start into an argument and find yourselves escalating in any of these ways, or withdrawing, invalidating, or making negative interpretations and mind-reading statements, you

will stop! Call "Time Out" or "Stop Action," or raise at this moment your own personalized verbal flag that says, "Let's cease and desist," and schedule a time to talk about this issue within 48 hours using the skills I will teach you next. ("Too Hot," "ER," and "Red Balloon" are some of the unique phrases invented by couples I've worked with to call a time out.) Believe me and the research—continuing to argue using any of these destructive patterns leads to naught. A couple that fights dirty won't recall the substance of their argument, but the hurt will stay with them. You'll remember that the person who is supposed to love you criticized and blamed you and, on top of that, invalidated your feelings when you tried to express your point of view. Break out of this mode of communication; take a little time to breathe and calm down. (Don't spend the "time out" ruminating about how bad your partner is—distract yourself, listen to music, do anything but build up steam to become even more upset!) Then reapproach the issue using the following skills.

Step 2: The Speaker-Listener Technique

In the Speaker-Listener Technique, one partner is the Speaker and the other the Listener. First decide on the topic. Money? Kids? Sex? Time together? Work-family balance? Housework? The Speaker then takes the "floor," and PREP® even has some nifty cards called The Floor that look like a floor tile and have the rules of the Speaker-Listener Technique printed on them.⁷ Use this, or some physical object to remind you both of who has the floor. When you're the Speaker, speak for 10 to 15 seconds, keeping it really brief—a sentence or two, at most—and talk about your thoughts, feelings, opinions, and points of view on the topic. Avoid suggesting specific solutions at this time—prematurely offering ideas for solutions can cut short the important process of sharing your feelings and thoughts. A second part of the PREP® communication problem-solving method will help you come up with creative, collaborative solutions. Right now, just take some time to explore and express how you see the problem and how you feel. As one couple to whom I taught this technique said, "It's good, because we're always in such a rush to solve things, we never really talk."

The Speaker speaks, and then the Listener paraphrases—basically, as the Listener, just repeat what you heard your partner say. Don't try to get too creative or poetic in summarizing what he or she said. And certainly don't interpret it—as in, "What you're really saying is that you have unresolved rage about your father that you are now imposing unjustly on me." (All psychotherapists reading this book, take note—leave your finely honed

psychological interpretive skills at the office, and talk to your partner as an equal.) Instead, repeat back what you heard, and don't forget to include any feelings your partner mentioned, using your partner's own words—upset, frightened, anxious, sad, lonely, and so on. Don't turn up the volume on feelings—if your partner said, "I feel a little upset when you come home late," don't paraphrase that as, "You get furious with me when I am late." Stay with the language and feeling-intensity level your partner uses. Roll the words around on your tongue; hear the words in your inner "aural chamber." And don't just be a parrot—try to imagine what it feels like for your partner to see the problem as he sees it and to feel what she feels. This way of speaking opens a door into empathy and mutual understanding, and it helps you move from a you-versus-me-based relationship to a we-based relationship.

It helps if the Speaker states her or his issue in the form of an XYZ statement: a kind of communication algebra in which X stands for the partner's behavior, Y stands the situation, and Z stands for the feelings. "When you come home late (X) and we've planned to have dinner together for a change (Y), I feel frustrated and hurt (Z)." You can switch the order of the elements around: "I feel angry (Z) when you insist that we must spend all holidays with your family (X) when we rarely see mine and my mother is not doing well (Y)." After stating the main issue in the XYZ format, the Listener will know the territory, and the Speaker can leave the XYZ format aside and just riff on why this is upsetting—give examples, trace history, stuff like that.

If the Listener doesn't quite accurately repeat back what the Speaker said, the Speaker should just repeat the part that the Listener didn't quite get right (without any commentary like, "Ah, you see, you don't care, you don't listen to me"). Just repeat it—there are all sorts of reasons the Listener might not accurately repeat your words. Don't assume the worst!

After the Speaker has taken four or five turns—each one about 10 or 15 seconds long, and each time with the Listener accurately paraphrasing—switch roles. If you were the Speaker, you now become the Listener, and if you were the Listener, you are now the Speaker. As the new Speaker, you should stay on the same topic to avoid cross-complaining, in which one partner addresses one issue and the other takes up another issue, leading to no resolution of either. The Speaker makes four or five statements on this topic, each accurately paraphrased by the Listener, and the floor goes back to the Listener, who becomes the Speaker once again.

When you return to the Speaker role again, I suggest that you devote your first turn to summarizing anything you heard from your partner that was new, or that you heard differently or more clearly. This avoids the

pattern in which each partner uses the Speaker-Listener Technique to politely reiterate his or her point of view—a kind of civil version of "summarizing self syndrome." The whole point of using this admittedly hokey, structured technique is to reduce the emotional intensity around talking about problems so that you can each really hear one another's points of view.⁸ When the other partner gets the floor back, you should do the same—use the first turn as the Speaker again to summarize anything new or more clearly heard. This process of reflecting deeply on your partner's point of view starts to build better bridges of mutual understanding.

Any one conversation about problems shouldn't go on for more than 90 minutes (remember what you learned in chapter 4 about the biological rhythms of interaction—after 90 minutes, the body and mind need a break). To make certain that you get back to discussing unresolved problems, create a "problem-discussion time" during your week. Any successful business or other organization has regular staff meeting times. As a long-term couple, you are an organization of two, with plans, responsibilities, and expected and unexpected challenges. Setting aside an hour to an hour and a half once a week to discuss and solve problems ensures that you will stay on top of the issues you're facing and that you will practice good communication skills.

Creating this regular relationship management time also helps you partition problem discussions from the rest of your time together. You can then more fully enjoy the time you set aside for couple pleasure, work, or family time, because one or both of you is not constantly itching to bring up some problem that hasn't been fully discussed. Building in time to talk about problems helps you to recognize what research has documented repeatedly: that all couples have problems, and it's better to make space for them than to try to resolve them all at once or to become discouraged that you have problems at all.⁹

When you've each said everything you have to say about this issue—whether this occurs in one sitting or over multiple conversations—you're ready to move to the next step, problem solving.

Step 3: Problem Solving

By the end of a good Speaker-Listener conversation, you will arrive at one of three places:

1. You have clarified how each of you feels and realize all that is called for is apologies (one-way or mutual). This category might include scenarios where the husband learns that his wife gets upset

when he attacks her mother's political views and decides not to do that anymore. Or the wife who learns that her husband feels hurt when she doesn't smile when he comes home after work tries to smile more. No need for problem solving: It's clear what to do.

2. You started with different points of view, and by the end of the Speaker-Listener you've arrived at the same point of view. But you still need to figure out a plan for what to do next. Problem solving will help.
3. You started with different points of view, and by the end of the Speaker-Listener you've heard and appreciated each other's perspective, but you still hold to your ideas. Now you need to bridge these to create harmony. Problem solving will help.

There are four steps to problem solving, summarized by the acronym ABC+F.

A: Agenda setting. Pick the problem you will work on. If you've been talking about house chores, you may need to narrow it down to who's going to handle scouring the kitchen counters or who's going to take out the garbage on which days. Life is filled with such mundane issues—don't avoid them; embrace them!

B: Brainstorming. Come up with every idea you can to solve the problem, without censoring any ideas. Get into what hypnotherapists call a "Yes Set"—anything is possible, and you never know how one wacky idea might lead to another that solves the problem. In other words, no No's allowed. Even if you think a spontaneous suggestion from your partner or yourself makes no sense, write it down (one of you should be taking notes).

C: Combine, Compromise, and Contract.¹⁰

Combine: Look at each of your top suggestions. How can you use the natural complement of your different points of view to your advantage? Which of your respective most treasured suggested solutions can you combine into a usefully complex plan? For instance, if one of you wants weekends to be lazy time, and the other likes to explore and do lots of stuff, can you devote one weekend day to laziness and one to activity? Or alternate weekends? If one of you is future-oriented about money and savings, and the other wants to spend on pleasures and needs of the here and now, can you find a way to put aside a certain percentage for the future and guarantee a certain percentage for now?

Compromise. Combining is much easier than compromise. Compromise always means giving up something. But research shows that compromise is a necessary act for long-term relationships to survive and thrive.¹¹ The

social psychology "law of reciprocity"—which governs everything from doing something nice for your partner after they've done something nice for you to buying something from a salesperson who first gives you a gift or "free offer"¹²—suggests that, over time, when one partner compromises, the other will return the favor. Of course, there are certain big compromises that are hard to reciprocate. For one couple I worked with, he agreed to adopt the wife's niece, even though this would potentially change his career path. It's not yet clear how she can reciprocate. In another couple, she agreed to move to a town she didn't know and away from the city she loved, because that's where he found the best job. In yet another, he acceded to his wife's passionate wish to have one more child, even though he worried about money and had always said he only wanted one child. At some point, the compromising partner will likely feel compensated—maybe not around a single decision of the same magnitude but in smaller ways that add up. And if the other partner cannot fully reciprocate the act of compromise, he or she can at least appreciate it and show that appreciation in many ways.

Why should you make compromises? Because you want to be together, and your partner needs or wants something so badly that, if you can't agree to it, the relationship might break apart. Plus, we love our partners and want them to be happy. It may not be fair or balanced, but it's real life. Welcome to the realities of long-term love! I'm not here to clean it up for you with simplistic self-help formulas. I'm here to prepare you to cope with reality. Add that to my 4 R's of change: Reveal, Revalue, Revise, Rehearse, plus *Reality*.

One of the most important compromises that you will both inevitably make in a life together (if you haven't already) involves discovering that there are differences between you that cannot change—or that can change a little but not completely. Instead, you will need to *accept* these differences and find ways to work with or around them.¹³ Throughout this book, you've learned how all relationships contain fundamental differences in partners' time orientations, in life pace, in feelings and behaviors around punctuality, in time perspective, in rhythms, in ideas about establishing work-life balance, and in preferences for how to allocate time. In completing each chapter's self-assessments and comparing your answers to your partner's, you've probably discovered a lot of differences that affect your relationship. You may have discovered how some of these differences have spun out into full-fledged polarizing patterns, in which you feel like timing opposites, with each of you trying to rein in the other's pace, or punctuality, or work schedule, or other time styles. And you've learned a whole toolbox of strategies for *revaluing* those differences, *revising* them enough to escape

polarizing conflicts, and *rehearsing* the new patterns so that they become easy-flowing, automatic rhythms in your life.

Time dissonance is often based on differences in how we experience emotion, and in beliefs and habits established in our families and cultures of origin. Rather than expecting yourself or your partner to change these ways of being in time, I've encouraged you to learn to *reveal* how they show up in conflicts about communication, chores, children, sex, and other specific difficulties. Then, combine and bridge those basic time differences as a way to solve the specific difficulties. Acceptance is one of the most important attitudes and skills to cultivate in your marriage.

Contract. Once you and your partner have come up with a plan to solve the problem, write it into your to-do list, your phone, your datebook, or your organizer. Specify Who will do What by When and How. Unless you make a contract with one another, and agree to a time frame to carry out the concrete steps in your solution, it's not likely to happen. Not for lack of motivation; just because you are already busy, and it's hard to remember new plans.

F. Follow-up. Set a date and time to review how the problem-solving plan went. Having a deadline to review progress helps focus our energies and makes us accountable to one another. If there were unanticipated snags and snafus that interfered with achieving the plan, discuss how to overcome those, or go back to your brainstorming list and see if other ideas might help solve the problem.

Step 4: Identifying Hidden Issues

Getting stuck at any stage of the problem-solving sequence—unable to set an agenda, critiquing each other's brainstorming ideas, finding little chance of combining or compromise—suggests there's more to discuss. You need to return to the Speaker-Listener Technique and talk more about your respective feelings and positions on the issue. In particular, getting stuck suggests that the issue you're talking about—whether it's work-life balance, planning for the near or distant future, frustrations about one another's pace, or anger about chronic lateness or monitored timeliness—represents even deeper “hidden issues.” Hidden issues include:

- **Closeness and caring:** You might feel that you're just not loved or cared about. You might feel the expectations for expression of caring and affection are too great.
- **Power and control:** You might get the sense that your partner is trying to take charge against your will, controls the situation, and always gets his or her way. Or you might have the feeling

that you are left with too much responsibility and control—as in the “overfunctioning-underfunctioning” polarity described in chapter 1.

- **Respect and recognition:** You might feel that your partner does not respect you—about specific things like what you do for a living, how much money you earn, your opinions or knowledge on a certain topic, or in general as a person. Or that your partner does not recognize the efforts you make to contribute to your shared life.
- **Trust:** You might sense that you cannot really trust your partner or that your partner doesn't trust you—with money, with tasks, with the children, to behave well in public or family situations, to be sexually monogamous (if that is your arrangement), to honor commitments not to gamble or abuse substances (if this has been a problem), to tell the truth, or to honor long-term commitments to the marriage.
- **Integrity:** You might feel that your partner behaves or asks you to behave in ways that violate your basic values, the law, or your physical and emotional integrity.

Acceptance. As discussed above, acceptance is essential to a satisfying and long-term marriage. It becomes a problem when you sense that your partner doesn't accept you for who you are, what you do, and what you believe. If your partner does damaging, hurtful things or consistently evokes in you one or more of the other hidden issues (or if you do this to your partner), even when you've asked him or her to talk about these behaviors and stop, you need not accept this mistreatment. The line in the sand—when to stay or when to go—is different for every person, so there are no clear guidelines for when enough is enough. Relationships, our partners, and we ourselves are not perfect and can't become so, and we must learn to accept our partners with their strengths and faults. Acceptance, however, is not unconditional. You need to decide when your partner's lack of caring, attempts to assert too much control over you, disrespectfulness, untrustworthiness, and lack of integrity (or attempts to violate your integrity, including through abuse) are too much to endure. If you've given it your best shot and used (or tried to use) the techniques described to discuss your hidden issues, and nevertheless your partner refuses to change, you may decide you cannot accept your partner enough to remain together.

Assuming things are not that bad yet, let's look at how to address hidden issues. First, identify the hidden issue or issues that underlie the problem for each of you. Then talk about them using the Speaker-Listener

Technique. I've devised a variation of the XYZ that I call the XYHZ, which simply inserts hidden issue language in your statement of what concerns you. Let's use the XYZ examples I presented earlier:

"When you come home late (X) and we've planned to have dinner together for a change (Y), I feel unloved and uncared about (H), and I feel frustrated and hurt (Z)." "I feel angry (Z) and like you have all the control over our time with extended family (H) when you insist that we must spend all holidays with your family (X) when we rarely see mine and my mother is not doing well (Y)."

Because hidden issues usually underlie more than one specific problem, it's useful to talk about all the different ways in which you feel uncared about, or controlled, or disrespected, and so on. The potential danger of doing this is that you may slide into "kitchen-sinking," and your partner will feel overwhelmed. To avoid this, make it clear that you are having a hidden issues conversation, rather than just launching into a list of complaints.

After you have identified the hidden issue (or issues—as I said, there can be more than one operating underneath any single problem) and where it pops up in your relationship, turn the floor over to your partner, who should identify the hidden issue or issues he or she experiences attached to the initial problem. For instance, if you raised the issue about your partner being late to the long-awaited dinner together, and you've then catalogued other situations when you feel unloved (partner doesn't ask you about your day, partner rarely offers to call your parents to see how they are doing, partner doesn't express affection in public), your partner might then say, "I understand that I hurt your feelings when I'm sometimes late to our dinners. I feel hurt that you don't seem to recognize how hard it is for me to leave work on time—even though I've told you how overwhelming and impossible this job can be." She may then go on to list the ways in which she feels unrecognized for the efforts she makes and the many ways she does show love and care.

Once you've both had a chance to explore and express your respective hidden issues, you can then go back to the original problem (for instance, making those special dinners happen) and try to rework the solution, or you might decide to take on and solve some of the other issues you've identified through this process.

Communication Skills and Deep Understanding

The communication techniques I've described here will ensure that you and your partner discuss problems clearly and productively rather than

destructively. They will help you meet the inevitable challenges of a life together as teammates rather than as opponents. They will help you to either resolve your differences or recognize the differences between you that you need to live with and accept. And they will guide you in exploring and resolving deeper, more extensive issues that surface in specific problems and conflicts, including those about time differences.

Practiced over time, these communication techniques and the attitude of mutual respect they embody will help you attain deeper understanding of your partner and of yourself. And deep mutual understanding is a central component of emotional intimacy. In order for there to be a strong and realistic sense of "we"—to move beyond a relationship in which there is only a "you" and a "me"—you need this deep appreciation and understanding of one another. And these ways of being in a relationship are not developed in a strict temporal sequence, in which first you get to know yourself, then get to know each other extremely well over time and, in lots of discussions, identify your differences and resolve them, and only then are ready to become a "we."

One of the greatest misconceptions of pop psychology is the notion that before you can love and truly know someone else, you need first to love and know yourself thoroughly. If this were the case, and if we followed this rule exactly, there would be few intimate relationships, and the human race would be extinct. Knowing and loving oneself is a lifelong process that occurs through relating to others. And the process of relating to others is rife with conflict, rifts, ruptures, tears (as in rips), and tears (as in crying). It's those hard, confusing, conflicting moments with a person we love in which we realize we're not as much a "we" as we thought we were. We need to stand back, see how we're each feeling, learn how the other is feeling, talk about it, and then try to resolve, repair, and reconnect.

This process of rupture and repair builds a better sense of self, greater understanding of our lover, and a more realistic, accurate sense of who "we" are as a couple. Conflict is inevitable in relationships. The key is to manage it well so that it becomes the energy that propels an upward spiral of growth in your relationship rather than a downward spiral of destructiveness and dissolution.

And by the way, this process of relational rupture and repair not only characterizes intimate couple relationships but is critical to the healthy attachment between parents and infants (and later, children) as well as close friendships.¹⁴ Struggle, moments of failure, difficulties—all are critical to growth, inventiveness, and creativity in both human relationships

and our relationship to our work. Relationship conflicts can be transformative for both partners and the relationship.¹⁵

In my work with couples, I notice that some clients are genuinely surprised that friction stole its way into their relationship. They are upset about not being a seamless “we,” and this hampers them more than the actual problems and differences. On the other hand, when one or both partners refuse to address problems, these typically fester and become more intense. Problems that we don’t face now will lead to discontent later on. Use the tools I’ve provided you to discuss and reconcile the problems you encounter in your relationship, and you will also glean the gift of deeper understanding.

Offer Frequent Thanks and Compliments

Two of the most important and yet neglected relationship maintenance acts in long-term marriages are the compliment and the thank you. When we’re falling in love, it seems we’re overflowing with them—complimenting our partner on how they look, how they smell, their brilliant ideas, their tastes, and how they treat us. And we also thank them a lot—for treating us to dinner, for cleaning up the house, for how nicely they spoke to our overbearing mothers or uptight fathers at the first nerve-wracking visit with the in-laws. Yet as we build a life together and the years pass along, we start to take our partners for granted. How many times can you thank someone for cooking dinner, cleaning up the kitchen, taking care of the kids, working hard to bring in a good salary—stuff we do every day? Answer: frequently. More frequently than you probably do it now. And is it really necessary to tell your partner, who should *know by now*, that you love him or her and find him or her attractive? Answer: most definitely. You’ll be surprised at the way these simple acts, complimenting and thanking, grease the wheels of the relationship and create a bank account of good feeling and mutual appreciation that will help you endure the inevitable minor frustrations and hassles of shared living. You are simply less likely to bicker, fight, and find fault with someone whom you know appreciates you, and whom you appreciate. Laying the groundwork of mutual goodwill also makes it easier to address difficult conflicts. Research bears me out: John Gottman and his team found that couples who expressed their admiration and appreciation for each other were happier in their relationship, and their marriage lasted longer and proved more stable.¹⁶

Compliments and thanks are a great warmer-upper when you do want to ask your partner to change his or her behavior in some way. If you wish he’d

put his dishes in the dishwasher, a good way to bring this up is to start by thanking him for what he already does for the relationship. “Honey, I really appreciate how hard you work, and that you rarely complain even though your hours are so long and you often don’t get to eat dinner till late. But I’d really appreciate it, when you’re done eating, if you could rinse your dishes and stick them in the washer. Would that be OK?” Or if you wish she’d clear her mail off the dining room table, you might say: “You know, I really appreciate that you are so busy with work and then taking care of the kids when you get home. I don’t mean to add more to your load, but I’d so appreciate it if you could put your mail away after you’ve opened it. It’s just getting a little cluttered on the table, and I’m worried one day I’ll spill a little spaghetti sauce on a catalog or a bill or something. Would that be OK?”

While I’m on the topic of asking your partner to change, one of the most useful principles discovered by behavioral psychologists in studies of learning in all creatures, from slugs to humans, is the principle of shaping. Shaping is defined as “reinforcing approximations to the goal.” That means when someone is trying to learn to do something, it is encouraging if they are rewarded for their attempts in the right direction. Author Amy Sutherland writes about how she got her husband to put his dirty shirts in the hamper. When he did it, she expressed thanks or gave him affection; when he didn’t, she ignored it, a technique called the least reinforcing syndrome, which is based on the idea that any response to the problem behavior is likely to reinforce it. By positively reinforcing our partners’ attempts to do something we’ve asked of them, rather than criticizing those attempts as imperfect, and by ignoring the times when they do forget to do it entirely (as long as they are generally trying), we reinforce the positive behavior and, to use the technical term, extinguish the problem behavior. Sutherland learned these techniques while doing research for a book on training exotic animals.¹⁷ They work for kids, pets, employees and employers, and annoying parents and in-laws, too. Let’s face it, we’re all exotic animals. Or maybe even exotic animals are just as boring and predictable as we are!

And these behavioral principles work with band members. Nothing damages the trust and flow in relationships among members of a musical ensemble more than harsh criticism of a fellow player’s performance. Because playing music is a “full body” experience, uniting thought, feeling, and action, one can feel quite vulnerable in the act of performing. To play well, a musician must put heart and soul into it. So if one musician comes down hard on another after a performance, or during rehearsals or recording, it can be quite hurtful and cause the criticized one to pull back,

making it difficult to reenter the state of creativity and connection. And it affects the other members as well. The criticism breaks everyone out of the group trance that develops in playing music, leading everyone to become self-protective and disconnected going forward.

Likewise, harsh criticism by one partner of another's efforts and contributions can cut deep, leading to a mixture of hurt, anger, shame, resentment, and withdrawal. Emphasizing what you liked about what your partner did (whether it's in the bedroom, in the kitchen, or wherever else activities occur), gently asking for changes, and encouraging approximations maintains a sense of "we," and it avoids sending the partner into withdrawal or angry counterattack.

Getting in Sync and Sustaining Deep Connection: Flow

Throughout this book, you've learned how, by getting in sync through the many facets of time, you can achieve a healthy and happy intimate relationship. Now I want to take you a step further. I will teach you how, by getting in sync as partners in time and rhythm, you can attain a level of connection and intimacy with your partner in which you feel great pleasure, completely relaxed; not self-conscious, undistracted, and totally focused on each other. In this state, we become fully immersed in the moment, in the now, not worried about the past, and not worried about the future. This is the state of flow, a state Mihály Csíkszentmihályi and his colleagues extensively researched and found common to all creative, productive, enjoyable activities and relationships.¹⁸ It's kind of a peak experience, which many athletes, performers, and others have trained for years to achieve. But to date, there's been no concrete advice about how to attain the experience of flow with an intimate partner.¹⁹

I'll draw upon all the time themes of this book—temporal orientation (time feel), pace, rhythm, punctuality, time perspective, projected time lines, work-life balance, and time allocation—and show how to weave them together to create a great and enduring "we." Because there is much to be learned from examining the direct parallels between how a musical ensemble gets in sync and attains flow and how a couple gets in sync and attains flow, I'll start by describing how it works in a musical ensemble and then show how it works similarly in couples. I think this comparison will help you remember the main messages of this book. As long as you

remember to think of you and your partner as a band, everything else I've taught you about the role of rhythm in couplehood will come "flowing" back to you! I know because I've pretested that idea with hundreds of now happy couples.

To create the moments of connection and shared creativity that characterize great musical performances, any ensemble must first get in sync on their goals for a particular tune. After picking the tune, what time feel will they play it in? George Gershwin's American classic "Summertime" has been recorded in many different time feels—originally a ballad, it has been played as a faster-tempo swing tune, a Brazilian bossa nova, a blues-type shuffle, and even a slow funk tune. A band has to decide what time feel they will play the tune in.

I once unwittingly contributed to a moment of conflict between two of the jazz greats, trumpeter Dizzy Gillespie and singer Betty Carter. I was an 18-year-old freshman at the New England Conservatory in Boston and was invited to spend a week as part of the backup rhythm section for Dizzy and Betty for a week-long master class they were conducting at Harvard. A few days into it, one of the singer students asked to play "Summertime." We started to discuss what time feel to use. Having recently heard a recording of Dizzy with his band play it as a slow funk tune, I brightly suggested it. He loved the idea, but Betty didn't, and in a sharp-tongued tone she was famous for, she lashed out: "Dizzy, we're here to teach these students *jazz*, not rock and roll!" Dizzy, characteristically friendly, mellow, and unflappable, dropped his grin and clearly looked embarrassed: "OK, Betty, OK." I just hid behind my cymbals, hoping to avoid a similar tongue lashing. Thankfully, we got on with the tune—needless to say, played as a slow, jazz ballad! But that's the kind of conflict musicians can experience when it comes to deciding on the time feel of a tune.

For a band that hopes to create a career together, there is often long-term planning about what styles of music they will strive to create over time. What are their musical goals? What do they want to be known for? How can they respond to new developments in the world of music, the larger world of art and politics, and to the technological developments of recording music? The Beatles are a splendid example of a band that had a vision of themselves evolving over time, always responsive to the whirlwind of cultural styles and political events that characterized the 1960s and early 1970s, yet somehow retaining a core musical identity.

Likewise, for couples to achieve flow, they must share goals (research shows that having shared goals is the fundamental condition for mutual flow

between people),²⁰ both in the short term—for instance, deciding what to do on a Saturday (parallel to the decisions a band makes about a particular performance)—and in the long term (parallel to the decisions a band makes about its career), about the lifestyle they seek to build, whether or not to have children, how to balance work time and relationship time, where to live, how much to emphasize making money (and how much money), where and how much to travel or pursue other leisure activities, and other life goals.

For instance, as a couple, you may decide your weekends have been too hectic lately—too dominated by *chronos*—and you want to create a more off-the-clock, relaxed time feel this weekend, more of a sense of time-suspended *aeon*. Now you've got to figure out what you will do to achieve this—what particular activities, at what pace, how much time to allocate to each activity, in what sequence, when to start and stop each activity, and whether and when to take breaks. One version of such a weekend might include getting up late, making love, taking a shower together, going out for brunch or making a leisurely lunch at home, wandering around the city, strolling in the woods, or taking a walk wherever you live for a couple of hours; then separating for an hour or two to exercise, surf the net (not for work, just for fun), or just stare at a wall (relationship break time); and getting back together in bed for another love-making session or just to cuddle a bit and nap, followed by cooking a relaxed dinner or dining out at a favorite low-key restaurant, then maybe a movie and bed. Alternatively, you might get up early to watch the sun rise or listen to the rain together, have breakfast, read the paper, and lounge around on the couch all day, moving in and out of conversation and having food delivered. There are as many possibilities as there are couples and tastes for particular activities.

Back to the band: After deciding on the basic time feel, the group needs to refine the particular rhythms they'll play on the tune. For instance, funk is a time feel, but within funk there are infinite variations of specific rhythms that can produce that feel. The same goes for all the musical time feel styles mentioned above. Often, it's the drummer who suggests a rhythm, and the rest of the band then makes suggestions for refining it. Sometimes, though, another instrumentalist or the singer has an idea for the rhythm.

In addition to figuring out the rhythm of a tune, the band must establish whether or where the tune will have "breaks"—short or long periods of silence, usually punctuated by accents and particular rhythmic figures that the band plays in unison. The band also needs to decide whether or when to take breaks between tunes. A two-hour concert in which the band moves immediately from one tune to another can be extraordinarily exciting but may leave the

audience (and the performers) exhausted. A two-hour concert with an intermission and pauses between tunes for a bit of stage patter and stories from the lead singer can create a sense of intimacy and moments for recovery. But breaks that go on too long can result in loss of momentum and boredom.

Similarly, as a couple, once you create a pattern of a weekend day that you enjoy and that achieves the desired goal of chilling out and connecting, you may decide to repeat it—each weekend or less frequently (either by choice, or because your relationships to work, children, extended family, or other persons and activities don't allow it). When you repeat it, you're engaging in a rhythm—in this case, a rhythm of relaxing.

In creating your relaxing weekend rhythm, you've designed a regular sequence of activities that includes periods of activity and inactivity—that is, time together and time apart, the relationship equivalent of musical breaks—in which each activity starts and ends at particular times, either specific clock times or broader times designated by phrases like late morning, early afternoon, and evening. Each activity within the rhythm lasts a certain length of time and occurs at approximately the same pace each time you enact the rhythm.

Of course, I've given just one example of a time feel for a weekend rhythm. If your weekends have been boring and seem to drag on forever—an overdose of *aeon*?—you may also want to create rhythms that capitalize on *chronos*, that provide more activities and that adhere more closely to the clock, as a way of generating a sense of forward movement and excitement. Or you may search out experiences that provide the time feel provided by *kairos*, seeking opportunities for serendipity and adventure and generating the heightened experience that comes from the unexpected, the new. All three of those time feels are available to you as a couple, and you can create rhythms that reliably generate those time feels through patterns of activities.

Back to the band. Along with the basic feel and rhythm, the group needs to decide the tempo, or pace. All rhythms can be played at an infinite range of tempos. For instance, a jazz ballad can be played extremely slowly, with a more spritely gait, or anywhere between. In addition, across the course of a tune, each soloist may want to change the tempo or time feel: Sometimes a ballad shifts into a double-time swing, or a bossa nova, or a funky groove. The transition into a new time feel and tempo brings a sense of novelty and enhanced immersion in the tune. It's almost like starting afresh, and the contrast between the original tempo and feel and the new one can bring delight to the performers and the listeners. Returning at the end of the tune to a restatement of the melody and the original time feel and tempo can give the listener a sense of coming full circle, coming home after an

interesting journey and interaction of energy, emotions, and ideas among the performers and with the audience.

Likewise, couples need to find a way to mine their pace differences so that they can enjoy and make use of the wide range of activities available to them. Couples need to create slow times, fast times, and a balance of these paces over time. This makes life more interesting and makes couples more adaptable to the circumstances around them, which sometimes call for quick action and rapid movement and other times for patience and slowness.

The band then needs to work on starting the tune and ending the tune at the same time. This is the punctuality aspect of music: showing up on time—not just for the gig (which is a huge issue in the music business and can make or break a band), but in the musical moment. This is more difficult than it may seem, because those first and last notes always occur in a split second. When a band fails to start and stop together, it sounds sloppy. This is why some bands forgo attempting to achieve this level of unity by deliberately having temporally loose beginnings and splashy, loose endings to tunes, with the drummer doing lots of cymbal crashes and rolls (sustained notes). On recordings, another trick is to have the tune fade out gradually rather than end precisely. Lots of jam bands, in the tradition of the Grateful Dead, use this loose approach to beginning and ending many of their songs. In contrast, when the musicians achieve perfect synchrony on starts and stops (including the starts and stops of breaks within the tune), we say the band is tight. James Brown's band was the ultimate example of tight; but to achieve it, he rehearsed his band for hours, until they played completely in unison.

As we've seen, punctuality—showing up on time—can be a highly inflammatory issue for couples. As can the process of negotiating and coordinating rhythms. When couples cannot agree on the time they want for the weekend, the amount of time they want to allocate to various activities (including amount of time together versus apart during the day), or the sequence of the activities that should make up the rhythm; or when partners differ radically in their paces of doing an activity; or when one partner doesn't show up on time for one or more activities in the rhythm—all these disruptions in the joint rhythm of the day may prevent the couple from fully immersing in a sense of flow and connection. Without the order provided by rhythms, deep intimacy and effortless connection is impossible.

Back to the band. Throughout the performance, all the musicians are listening closely to one another and communicating (often through nonverbal signals, but sometimes with a quick word or two). They are united by a basic framework of melody, harmony, and rhythm but free to contribute their own

inspirations within the unifying frame. There is togetherness and separateness among the performers—a me, a you, and a we. It flows—in the language of music, it's in the groove and, in the language of drums, in the pocket.

Just like in couples. You need to listen to each other and communicate clearly. Interestingly, even the parallel between bands and couples and use of technology is pertinent. The Beatles were pioneers in the use of the rapidly evolving recording technologies, using them creatively to enhance their sound. Yet they retained their identity. Other groups let the temptations of the new technologies take over their sound, and they lost their musical identity.

When you lose control of the technology—by constantly texting other people while sitting at dinner together, answering e-mails in bed when your partner is waiting to make love (I've lately heard about a new practice among the techno-savvy—texting each other *during* lovemaking: No comment!), taking business calls while sitting on the couch chilling with your partner, or accessing pornography instead of your loved one—this disrupts the rhythms of relationship and opens the important gate between the world outside and the intimacy of time together. And that time together is essential to reaffirming your couple identity. On the other hand, you can use technology to connect with each other in pleasurable ways when apart, or to collect information about novel and enjoyable activities to add to your rhythms, or if your tastes so incline, even to watch erotica together.²¹

Because all relationships can sink into entropy unless they engage new stimulation and challenges, couples seeking to sustain flow need to vary their diet of leisure and other activities. For instance, you can move the component parts of the rhythm around and still keep the time feel that the rhythm provides. Just as in a band, you may tweak the rhythm based on your joint preferences—having breakfast first and then retiring to bed for lovemaking, or taking an early morning walk, then going to brunch, and then making love. Rigidly followed sequences can start to feel stifling and uninteresting. Flexibility is important for keeping your rhythms lively, so that they create the temporal structure for the deep engagement of couple flow.

In addition to creating novelty by reordering the sequence of the activities that make up your rhythms, try varying *when* you do them—“performing” your rhythms at different locations on the clock and calendar. Just as a band mixes up its set list—the tunes they will play at a particular performance—changing the time in the day, week, month, or year you do various life activities can bring novelty and fresh experiences, as well as new challenges that can bring you and your partner together in invigorating ways.

It's the balance between those comforting routines and rhythms and the novel experiences, finding the balance between change and stability, that characterizes healthy social groups of all sorts—from countries, to companies, to communities, to intimate couples.²²

Everyone in the Band Gets to Solo: Balancing Individuality and Togetherness

Csikszentmihályi points out that for flow to occur in intimate relationships, there needs to be *differentiation*, with each member seen and valued as an individual, able to pursue his or her individual goals, as well as *integration*, the linking of energies in joint activities and purposes.²³ Attainment of relationship flow also requires partners to devote attention to and interest in each other's goals.²⁴ As partners, you need to support each other's endeavors and dreams, just as your friends would, without focusing immediately on how they would affect you. Much couple research emphasizes the importance of "mutual admiration" and friendship in long-term marriage.²⁵ If your partner tells you he plans to quit his high-paying job and start a surf shop (especially if you live in Oklahoma or another state without ocean access), before you jump in with your understandable worries about the implications for you and the kids, you might ask, "Ah, that sounds great, honey. Tell me more about that dream!" In a long life together, along with a base of joint goals, there will inevitably be times when one partner's passions take precedence over the other's hopes and dreams, but also times when individual dreams must be deferred because they would interrupt attainment of important joint goals.

The key to preserving a sense of fairness is balance. In musical terms, if there are two drummers and one takes a solo and the other keeps the beat, at some point the principle of reciprocity dictates that they switch roles.²⁶ In couple terms, keeping the beat may involve taking the lead on running the day-to-day exigencies of the home or earning the bulk of the income, while the other experiments with new career directions.

This of course sounds easier than it is. Life holds few guarantees, and it's possible that once a partner embarks on a new professional direction in life, the dynamic between you two will change. If two members of a band decide they want to play music in a more rock 'n' roll style while the others retain their dedication to playing jazz, that band will likely not survive long term. If you found large differences in how you responded to your personal timelines questions in chapter 5 and your time allocation questions in

chapter 8, you need to talk seriously about what these differences portend for the future of your relationship. Using the Speaker-Listener Technique and problem-solving steps, figure out if you can combine and compromise on these critical life-course issues.

When partners treasure radically different goals and visions of life, it may not bode well for their future together. Compromise is difficult but doable. You might agree to shift your own career plans for a determined period of time while your partner pursues graduate school in another city. Then it's reasonable to expect your partner to make your goals a priority, or find a situation in which both of your goals reign. The best balance is achieved when you share a rhythm of life on a daily and weekly basis and a long-term life trajectory of shared goals. These form a base for experimenting with new activities and directions. For instance, it's one thing to give up the big job and try to open a surf shop while raising a family. It's quite another for one or both partners to take up the hobby of surfing to try something new, which one New York City couple did, to great improvement of their marriage.

On the other hand, to sustain a long-term marriage, a couple must expect that at some point, life may hand them a major change that represents a significant challenge to sustaining their rhythms and their joint plans for the future. Some of these changes are unbidden—losing a job and remaining unemployed for a significant period of time, an acute or chronic physical or mental illness, the death of a significant person in the family or extended family, and simply the normal effects of aging, which may affect partners differently. For instance, if one of you becomes physically disabled, that may make certain activities in your accustomed leisure routine impossible or, at least, may change the pace of these activities markedly. When your last remaining elderly parent dies, and she had regularly taken your kids for a Saturday visit with grandma, you may need to change your weekend relaxation rhythm. If your income drops precipitously because one of you lost your job, you may need to forgo certain leisure activities, or the time available for pleasure may decrease because one of you has to work more on weekends. If one of you develops a terminal illness, you may need to radically reconfigure your long-term plans. You may decide to retire now, or greatly cut back on work and living expenses now instead of 10 years from now, in order to enjoy the few years left together.

While some changes and challenges requiring rhythmic and life-course adjustments are unbidden and beyond our control, others may be unanticipated changes in desires and personal goals experienced by one or the other partner. For instance, one of you may feel completely burned out on your

job or career and need to go back to school or receive extensive training to prepare for another. Or, if one of you has been a full-time parent, you may want to go back to work once the kids enter school. Or it may be that one of you, who in the early years of your relationship was happy to move to the other's country and believed she would never want to return to her home country, now feels desperately homesick and wants to return. Or one of you decides to become more, or less, religious and wants to allocate much more, or less, time to religious or spiritual activities.

In most parts of the postindustrial world, if we are fortunate to have a certain level of financial and material security and health, many of us can expect to live twice as long as the majority of persons in our same social class even just a century ago. When the vow "Til death do us part" was created as a standard part of Western wedding ceremonies, the majority of marriages ended by the time at least one partner reached his or her mid-40s!²⁷ Now, instead of 20 years together, couples that wed in their early 20s can reasonably expect to have each other around for 50 to 60 years. That creates an entirely different set of challenges for staying the course of a marriage and set of joint goals. Adaptation and compromise are inevitable attitudes and skills for long-term marriage.

So is accepting disappointment. Some of the goals you planned together may not come to fruition, or at least not in quite the way you envisioned them. Your partner may not be entirely the same person at age 55 that he or she was at 26 when you decided to construct a life together. And neither, by the way, will you be. But you each may be able to adapt and accept the changes and stay together.

In order to stay together and adapt your rhythms and life pathway to a somewhat different course, you will need to use the communication and problem-solving skills I've presented—to talk and explore these new challenges and changes in depth, to develop a new understanding of each other, and to determine whether your goals are still in sync enough to remain a couple.

Finding a New Tune: Moving Beyond a Painful Past

In contrast to the difficulties of adapting to unanticipated changes in external circumstances and personal desires, another extremely challenging issue faced by couples over time is how to recover from past hurts and painful experiences. A miscarriage, a death, an affair, one partner's period of excessive gambling, substance abuse, incidents of physical or emotional

violence in the couple, or use of online pornography when the other partner does not approve—in each of these situations, one partner may be more upset than another or has been victimized by the other. These events can freeze a relationship in time if one partner feels unable to move beyond the event. Time moves on but does not heal, and the present and future become an uninterrupted extension of the past. Flow is difficult if not impossible in such conditions: Just as a river that is frozen solid cannot flow, neither can a relationship frozen by a painful past event. Time stands still, at least for one partner, and so time stands still for both.

Much as we may desperately want to move on and put the past in its place, the traumatic event keeps ringing in our heads. When negative events occur that are outside our expectations of fairness and safety, and over which we have little or no control, we may experience symptoms of trauma.²⁸

What are the symptoms of trauma? Trauma is an overused, vague, yet powerful word. Persons who have experienced serious traumatic events—rape, incest, domestic violence, torture, homelessness, natural disasters, war—on the one hand may have intrusions, such as repeated, unbidden thoughts, memories, and nightmares. Things (people, objects, events) in the present suddenly flood them with images and associated feelings about the event. At other moments, they may experience a sense of emotional numbness, of almost forgetting what happened, a kind of temporary amnesia, associated with the protective psychological defense of denial. That state of denial can then be just as quickly disrupted when something reminds them of the events, and they're back in intrusion land. This pendulum between intrusions and denial is a normal, albeit painful, response to trauma.²⁹

Traumatic events perpetrated by our partners or any close person are different from car accidents or even violence perpetrated by a stranger. Our marriage or long-term bond is generally based on a deep level of trust, as well as the belief that our partners care about us, are not trying to exert undue control over us, would not violate our integrity or the integrity of the relationship, and are committed to us and our well-being.³⁰ Additionally, though in many cases we may never again encounter the stranger who perpetrated violence on us, and a war or natural disaster may end, or we may be able to leave the place that reminds us of the traumatic events, when it's our partner who did something that resulted in a trauma, they remain in our lives, a constant reminder of those painful, upsetting events. Because of that, it is difficult to move readily beyond the past, because the person who caused it is in our present lives.

Overcoming these difficult, significant issues takes work, and in some cases, one partner's sense of physical, emotional, or spiritual integrity and safety may be sufficiently violated that she or he cannot continue in the relationship.

Without diving into any one of these complex issues in detail, I can tell you that if a couple is to move beyond them, certain universal steps need to occur.³¹

Step 1: Talk About the Painful Past

The partner who committed an act that caused the other partner anguish—whether intentionally or unintentionally—typically wants to move on and does not want to talk about it. After all, this event occurred in the past, it is not occurring in the present, and he or she may have apologized already. Why belabor it? The partner in pain wants and needs to talk about it. The partner who wants to move on feels the other is punishing him or her by refusing to move on and by insisting on talking about it. The partner in pain feels the other is punishing her or him by refusing to acknowledge the seriousness of the event or to talk about it.

The bottom line is that if one of you feels stuck and in pain about a past event, then the two of you need to talk more about it. This is based on my lowest common denominator theory of what must be dealt with and talked about by couples. If one partner feels there's a problem, there's a problem for both until both feel they can move on. Quite likely, if you're in this stuck place, you did not engage the communication and problem-solving skills and the approach to identifying hidden issues that I've described here. You need to use these skills, because it's highly likely that one of you (probably the one who did the painful "it," but possibly both of you) at some point withdraws or invalidates the other, or wants to rush to solutions before all the feelings and meanings have been fully expressed and understood.

This detailed, patient, slowed-down approach to communication and building understanding may result in an effective plan. Or one or both of you may conclude that the integrity of the relationship has been so strongly violated that you must separate. If the conclusion is that separation is necessary, it is useful to seek the guidance of a professional therapist or mediator to help make the separation as amicable and as nondestructive as possible—especially if you have children.

Before you decide to divorce each other, it might be useful to try joining together to divorce the problem patterns that cause you pain. Try making one last committed effort to not reenact the problematic patterns that got

you into conflict in the first place. Try to step outside of the ice sculpture your relationship has become, which holds you in postures of mutual antagonism. See if you can start to make small changes that please each other. And certainly, if you are going to move beyond a painful past, at least one of you has some apologizing to do.

Step 2: Create Apology Rituals

Simply talking and developing insight about the painful past rarely puts it aside. You need to enact symbolic rituals of apology and of moving on that provide a useful wedge between the past and the present and future. These rituals can be one-time events or can be repeated daily or weekly until they are no longer necessary. One-time rituals may include each partner making a list of old hurts and then stuffing these lists into a bottle and sending them out to sea, setting them aflame, or burying them in the yard and planting a tree over them—with each partner stating commitments to let go of the painful past once and for all and embrace the present. Repeated rituals may involve one-way or mutual apologies for hurtful actions, followed by a statement of dedication to treating each other lovingly and respectfully.

I recommend a general script. It should be repeated in the morning before the partners are apart for the day (assuming at least one leaves the home for work or other activities) and again in the evening upon reconvening. "I want you to know that I know that sometime during the day, you will probably think about what I did and how upset you are about it. Something will probably remind you. And I am sorry for that, really sorry. I am not doing it any longer, and I hope that you don't have to suffer any longer." In the evening, the words are changed to the past tense: "I want you to know that I know that sometime during the day, you probably thought about what I did..."

Important: The partner who has been hurt has no responsibility to forgive the other partner, now or forever. Some behaviors cannot be forgiven. So the goal is not to forgive but to put the painful experience in its proper place, a kind of relationship cul-de-sac, and move on.

This intervention is highly effective, because in addition to including a repeated apology and indication that the person who did the "it" takes responsibility for incurring the partner's hurt, the responsibility is on the person who did the "it" to initiate remembering the effects that the action likely had on the partner. In a way, it disrupts the polarizing pattern of overfunctioning and underfunctioning: Instead of the hurt person being stuck with the task of

raising the old hurt, the person who did the hurtful thing takes responsibility. My experience is that after a number of repetitions of this ritual, if delivered sincerely—not in a monotone, parrotlike, disengaged voice of someone who's gone to see a couple therapist and resents having to do this—the person who has been hurt gets bored with it and with the past issue as well.

Step 3: Start Doing Pleasurable Things Before You Feel Ready

Once you have both committed to the ritual of apology, it's useful to start reestablishing and growing your relationship rhythms of pleasure. Yes, as crazy as this may seem, once you have a commitment to and a plan to address the past hurts, it is critical that you not be overly captivated by the past pain. And that you affirm that you are taking steps to move beyond it. I call this the importance of Defeating the Emotional Logic of the Problem (DELP). Distressed couples, who've been living with conflict for years, cannot imagine trying new patterns that might bring relief and improvement, because the seeming "logic" of their distress is to continue being distressed or even to go their separate ways. Research amply demonstrates that these couples have been all too stable and predictable, rigid, and stuck in unproductive interactions and beliefs about each other—even though they often experience the relationship as volatile and on the precipice of dissolution.³²

If this describes your relationship, what you need to do is embrace the illogicality of standing up to the relentless pain and alienation that accompanies a history of conflict. It may not seem to make sense to go out on a date again, to talk nicely again, or to touch each other again. But that is precisely what you need to do at the same time that you are apologizing for past hurts and avoiding negative interactions. Remember—your initial attraction to your partner was probably not based on a sense that he or she would be great at talking about and solving problems. You were attracted by each other's minds, bodies, and spirits and the fun and intimacy you had together. So in order to decide to stay in a marriage that has gotten stuck on a sandy shoal on the river of life, you need to push off and take the risk of trying to have pleasure again. If it feels too soon for a full-fledged date or too soon to become physically intimate, use the 60-second pleasure points you learned about in chapter 8—60 seconds or less of pleasure, fun, and intimacy.

The possibility of increasing pleasure and positive connection, not simply resolving problems and avoiding pain, provides the major motivation for the work you'll need to do to secure one another's trust and confidence again. DELP!

Play Regularly

When a band has a long hiatus from playing together, it often takes quite a bit of work to get the groove back—to reestablish the sense of easy "we" and mutual flow that characterize musical ensembles at their best. In these moments, it's hard to learn new material or play at your creative best. You need to stick to the familiar tunes and just try to make those sound good. As Al Cattabiani, resident wise man and guitarist in my rock 'n' roll and R&B band Daddy O, says when we're rehearsing after a spell and someone wants to add new tunes to the repertoire, "We can't really try out any new stuff until we get the rust off."

In the same way, when couples go for long stretches without leisure time, they lose the spark, the glue, the juice—pick your metaphor, but it's all about losing the sense of "we" and flow. Certainly, we may be connected through the daily routines of home care, chores, child care, and reporting on the day's work. However, as discussed in chapters 7 and 8, the daily routines often have a way of reducing, more than increasing, the deep sense of intimacy. To maintain and refresh this sense of intimacy, there's no substitute for play.

Research supports this point. For instance, one longitudinal study found that an increase from an average 1.7 hours per week to 4.9 hours per week of shared leisure time resulted in a 50 percent reduction of the probability of marriages ending.³³ This sort of result has been repeatedly affirmed, and the amount of leisure time a couple spends together has long been found to be one of the most important predictors of relationship satisfaction and lower levels of marital conflict.³⁴

Part of what's so appealing about the strong connection between relationship satisfaction and leisure time is that it's intuitive and reciprocal. Common leisure interests play a huge role in determining compatibility and providing a context for self-disclosure during the courtship phase, so it follows naturally that a happier couple wants to spend time together doing the things that they love. At the same time, spending free time together fosters closeness, communication, and shared experience. Partners spend time together because they are happier with one another, and spending time together makes them happier. The converse also appears to be true: The more partners pursue individual, independent activities, the less satisfied they are in their marriages, and unhappy couples are more likely to pursue leisure activities separately.³⁵ In fact, the amount of leisure time spent together is a characteristic that distinguishes satisfied from distressed couples.³⁶

So while happy couples still find time to spend together and reap the rewards of that time together, more dissatisfied couples may be drifting apart as they spend less and less time together.³⁷

On the surface, the leisure time–relationship satisfaction correlation may seem like a simple formula for a successful partnership. But putting it into practice is considerably more difficult. We have little available free time in our hectic lives. In the shuffle of competing demands, leisure time is increasingly seen as a luxury rather than a necessity. Domestic labor and social and family obligations are the “new leisure.” One partner might like it; the other might not.³⁸ Learning to use chores as leisure is the key to defeating the fifth myth of couple time: the mistaken notion that housework and chores shall never be associated with fun, pleasure, or connection.

Full-time dual-earner couples tend to give up their time with the nuclear family and with close friends rather than time with institutional social networks (like clubs or social groups) or solitary time. When time is scarce, being with family and friends (including children, spouses, and significant others) is seen as the most flexible and easier to change or decrease. Herein lies a paradox: Though friends and family time is most highly valued, pragmatically, it's the easiest to sacrifice because of easier access to those people.³⁹ But the result is that we feel less valuable to one another as partners.

It's important to talk about your expectations and desires for how to spend your leisure time. Without open conversation about each other's time allocation, you may watch how your partner dedicates time and assume the worst—that he or she prefers to spend time doing anything other than spending time with you.⁴⁰

People have different ways of thinking about their time, and they use those frameworks both to make their own decisions and to evaluate others' decisions. For couples, successful negotiation about leisure time involves getting onto the same page as well as understanding and respecting each other's needs and desires. Ultimately, the challenge of spending time with our loved ones is about making choices that will honor both partners' respective obligations outside the couple and family, their desires and expectations, and finding a fairly balanced compromise.

It's also important that you and your partner share responsibility for organizing leisure time. Too often, as with domestic chores and child care, it is women that end up managing the social calendar and arranging fun and exciting activities, even if they work just as many hours as men. Given the strong connection between leisure time and couple closeness, it's not surprising that numerous studies have found that women also

bear more of the burden of maintaining the emotional needs of the relationship than men do.⁴¹

The obligation to maintain relationship quality through arranging leisure time can also come at the expense of women's own enjoyment. Women are much more willing than men to spend time pursuing their partners' leisure activities than have them do the activity without them.⁴² This is especially common at the beginning of relationships and can set a pattern for a dangerous trend of self-sacrifice on women's part. Women are also more likely than are men to spend time with their male partners' friends and family, even if they don't enjoy their company.⁴³ Given the increasing demands on one's time by work, children, friends, and relatives, women who spend time doing activities they don't enjoy or with people they don't like may become resentful yet unable to express those concerns.⁴⁴

If you're involved with such a woman or if you are such a woman, it's important to realize that this happens at the expense of women's own interests.⁴⁵ It's important that men take part in maintaining the emotional needs of the relationship both by telling their wives what they need and by changing their behavior in response to their wives' needs. Husbands should also share equally the planning and coordination of leisure time with the family and for the couple. Both of these acts have the potential to help wives feel that they have a true partner in day-to-day planning and in tending to the health of the relationship.⁴⁶ One study found that when men pursued leisure activities that they enjoyed and that their wives didn't, both parties reported marital dissatisfaction 10 years later. Also, husbands were less happy if participating in mutually liked leisure activities alone, and wives were less happy when men pursued activities they liked alone. This finding suggests that both men and women want to spend time with each other.⁴⁷

Some couples are able to successfully navigate the tricky balance of time together versus alone time. Independent leisure activities are not harmful to a marriage and actually can enhance the relationship when the active partner feels supported and affirmed by the other partner. How much satisfaction one partner gets from a leisure activity and how that affects a couple depends largely on how the other partner feels about the activity. Doing an activity that doesn't involve your partner can be good for you and good for the relationship.⁴⁸ But if your partner feels that this independent activity takes away time from the relationship or family too often or too much, it can backfire.⁴⁹

The adjustment to parenthood can take a very big toll on a marriage or long-term relationship. A drop in time for leisure activities, marital

interaction, and happiness occurs immediately after a couple's first child is born.⁵⁰ After having children, the structure of a couple's leisure life changes dramatically.⁵¹ Leisure becomes less spontaneous, less autonomous, and more home-based.⁵²

Differences in how men and women respond to and think about parenthood in relation to leisure also emerge. Because they are more involved in the day-to-day care-giving responsibilities, women consider time with children more like work than leisure. The care giving and domestic work is so overwhelming that leisure time becomes a very low priority. In contrast, for new fathers, parenthood and leisure are much more linked. Men tend to be less involved in the care-giving responsibilities and instead engage in a leisure-based parenting by pursuing their interests with their children.⁵³ Conflict may arise because mothers may crave time away from the family while fathers may want to spend their free time as a family.

On top of those differences, mothers tend to be the planners of couple time, but fathers are the ones who more frequently come up with the idea to have couple time (presumably because they are less preoccupied with care-giving duties). But while fathers prefer spontaneous couple time, mothers end up planning the kind of leisure time that they want: away from the home and without the children. Even when a couple does manage to get away from the children, challenges persist. For example, if the scheduled activity is not enjoyable to both partners or if one or both of the partners is not in the right mood, an expectation for the time to be extra special can make the reality of a mediocre time a huge disappointment.⁵⁴

It's important to establish strong leisure rhythms before you have a child. Doing so paves the way for an easier time once a child is born.⁵⁵

Not all leisure activities are created equal. Researchers have distinguished between core and balance activities, which serve different purposes in a relationship. Leisure activities provide contexts for couples and families to fulfill the needs for reliability and familiarity as well as novelty and excitement.⁵⁶ Core activities are those that are home- or neighborhood-based and require little planning and few resources. They are often spontaneous and informal and include everyday activities, such as eating dinner, playing board games, taking walks, and even adding playfulness to mundane housework. Most everyday activities for couples involve a combination of interactions and usually entail conversation, including catching up, planning, and small talk.⁵⁷ These activities supply a safe and positive environment in which the couple can explore boundaries and clarify family and couple roles. These activities can also promote

understanding of each other, a context for expressing affection, and a sense of consistency and structure.

In addition to structure and stability, relationships also need opportunities to promote change. Balance activities are those that are less common, less frequent, out of the ordinary, and novel, and include vacations, outdoor recreation (like camping), and going to the theater.⁵⁸ These activities are much more common at the beginning of relationships and are necessary for couples to form a romantic attachment.⁵⁹ As a relationship progresses through life cycle changes, couples often decrease the frequency of trying new things.⁶⁰ Yet exciting and novel activities allow a couple to adapt to new situations and challenges together, sharing experiences of learning and change. Just as a band needs a core set of tunes that define their identity and are easy to play (their greatest hits), they need to add new tunes to the repertoire, or the experience of making music goes flat. A healthy relationship needs both balance and core activities to maintain a level of stability while avoiding the stagnancy of boredom by engaging in novel experiences that foster growth.

The challenges that accompany novel activities improve relationships by promoting each partner's self-expansion.⁶¹ At the beginning of a romantic relationship, self-expansion is in overdrive as partners are spending lots of time together, getting to know each other through conversation, enjoying their favorite activities together, and incorporating aspects of their new partner and their shared experiences into their concepts of self. Those shared experiences are also flooded with positive feelings, making the new partner and the relationship a worthy goal. Over time, novel activities decrease, and the level of challenge drops off. Boredom can set in, making both partners dissatisfied with the relationship. Maintaining a high level of stimulation can foster more satisfaction and passionate love in a partnership.⁶² Self-expansion is closely related to flow in that both are fostered by novel, challenging, and energizing activities. And after a flow experience, individuals incorporate their newly acquired information, skills, and experience into their senses of selves.⁶³

If these activities are shared with a partner, the relationship is imbued with positive feelings and is seen as a source of growth and exploration.⁶⁴ Participation in activities that activate flow and self-expansion lead to increases in relationship satisfaction and positive feelings about the relationship. And again, satisfaction and flow influence each other—partners experience more flow activation when they are more satisfied in their relationships.

Like many couples, you may feel overwhelmed with the practical challenges of creating opportunities for play, growth, and flow, especially when time and money are scarce. But if any time together can be considered leisure time with the potential for flow, you can create new opportunities to cultivate growth and closeness without always having to go all out.



I sincerely hope that this is the beginning of a journey toward creating and sustaining a deeply satisfying life together by putting the power of time and rhythm to work for your relationship. To quote William Shakespeare's *Twelfth Night*, "If music be the food of love, play on." And I would add, of all the aspects of music that parallel intimate relationships, getting in sync in your rhythms is the key to happiness. Put into play the practices you learned in this chapter—using strong communication and problem-solving skills, cultivating deep understanding of one another, thanking and complimenting, being gentle in your requests for change, balancing support for each other's individuality with strengthening the "we," overcoming the painful times that may lock you in an everlasting past, and preserving time for play and leisure—and you will do fine.

Approach your relationship ever mindful of the importance of *revealing* the time side of your conflicts; *revaluing* your differences in time orientation, pace, rhythm, punctuality, time perspective, and time allocation; *revising* the rhythms that don't work for you, and reaffirming those that do; and *rehearsing* the new rhythms until they are automatic. You will meet the inevitable challenges of life and stay in the groove. If you can remember to try these things (don't try to be perfect!), you'll be fine. From one drummer to another (that's you and your partner), I say, "Play on!" And remember—it's about Time!

Acknowledgments

WHEN A BOOK BRINGS together the major passions and endeavors of one's life, and when the ideas have been developed over decades, inevitably there are many people to thank. This book brings together my lifelong love for listening to and performing music, my lifelong fascination with relationships and what makes them work (or not), and my dedication to discovering new ways of thinking about the everyday aspects of daily life.

So I start at the beginning, my family of origin. Thanks to my mother, Meriam Belkin, who taught me to question every assumed idea—my own and others'—to create something new and better, and whose love of the written word she transmitted from my grandfather, Benjamin Bialostotsky, my grandmother, Paula Kahane, and their community of progressive, Yiddish-speaking, Jewish intellectuals living in the Bronx. My grandfather was a well-known Yiddish poet, speaker, and journalist for the progressive New York Yiddish newspaper the *Daily Forward*, and his father (my great-grandfather) was apparently a famous speaker known as the Posvoler Maggid of Lithuania. My grandmother was a critic for the *Forward*. My paternal grandfather, Henry Fraenkel, was a printer, as were two of my uncles, and my paternal grandmother, Stella, was a listener. So I guess with all the writing, speaking, listening, and printing in my genetic and cultural heritage, something stuck. Thanks to my father, Dr. William A. Fraenkel, for teaching me, by his own example in the mental health field, to stand up for principles and to persevere to make the lives of less advantaged people better. Thanks also, Dad, for coming down to the basement while I was practicing drums as a teenager and asking me to stop rehearsing my exercises and play a solo. He'd say, "Just do your own thing." Thanks to both my parents for showing me firsthand what a loving couple relationship looks like and, later, sadly, what happens when things go wrong. And thanks to them for having one jazz album in their record collection that, when I heard it at age eight, hit me like a thunderbolt and inspired my career as a jazz musician.

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M.D., Gil Tunnell, Ph.D., Sam Tsemberis, Ph.D., and Ema Genijovich, Lic. And most of all, to my mentor Salvador Minuchin, M.D.—it was a privilege to train with one of the founders of the field. Thanks, Sal, for teaching me to see the deep structure of couple problem patterns underlying their manifold surface conflicts.

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Notes

1 Time and Rhythm

- All names, occupations, and other identifying details have been changed for all persons described in this book to preserve anonymity.
- See *Why We Love: The Nature and Chemistry of Romantic Love*, by H. Fisher, 2004, New York: Henry Holt.
- "Introduction to Attachment: A Therapist's Guide to Primary Relationships and Their Renewal," by S. M. Johnson, in *Attachment Processes in Couple and Family Therapy* (pp. 3–17), ed. S. M. Johnson and V. E. Whiffen, 2003, New York: Guilford Press.
- "Wait Time until Professional Treatment in Marital Therapy," by C. Notarius and J. Buongiorno, unpublished paper, Catholic University of America, Washington, DC.
- "Gender and Social Structure in the Demand/Withdraw Pattern of Marital Interaction," by A. Christensen and C. L. Heavey, 1990, *Journal of Personality and Social Psychology*, 59, 73–81.
- "The Psychology of Men and Masculinity," by R. F. Levant and C. M. Williams, in *Wiley-Blackwell Handbook of Family Psychology* (pp. 588–599), ed. J. H. Bray and M. Stanton, 2009, New York: Wiley-Blackwell.
- The Courage to Raise Good Men*, by O. Silverstein and B. Rashbaum, 1995, New York: Penguin Books.
- Women Don't Ask: The High Cost of Avoiding Negotiation—and Positive Strategies for Change*, by L. Babcock and S. Laschever, 2003, New York: Bantam-Dell.
- "Marital Processes Predictive of Later Dissolution," by J. M. Gottman and R. W. Levenson, 1992, *Journal of Personality and Social Psychology*, 63, 221–233.
- The one exception is a trait called neuroticism, which is basically the tendency to view the self and others critically—and no wonder, since frequent criticism tends to tear down a partner's sense of value and acceptance. See "Research on the Nature and Determinants of Marital Satisfaction: A Decade in Review," by T. N. Bradbury, F. D. Fincham, and S. R. H. Beach, 2000, *Journal of Marriage and the Family*, 62, 964–980.
- Fighting for Your Marriage*, by H. J. Markman, S. M. Stanley, and S. L. Blumberg, 2010 (3rd ed.), San Francisco: Jossey-Bass.
- "The Prevention Approach to Relationship Problems," by P. Fraenkel, H. Markman, and S. Stanley, 1997, *Sexual and Marital Therapy*, 12, 249–258.
- Peer Marriage: How Love between Equals Really Works*, by P. Schwartz, 1994, New York: Free Press.
- "Research on Household Labor: Modeling and Measuring the Social Embeddedness of Routine Family Work," by S. Coltrane, 2000, *Journal of Marriage and the Family*, 62, 1208–1233.
- See *Fighting for Your Marriage*, by Markman, Stanley, and Blumberg, 2010.
- "The Impact of Vacation and Job Stress on Burnout and Absenteeism," by M. Westman and D. Etzion, 2001, *Psychology and Health*, 16, 595–606.

2 Time in Mind

- I'll use these three terms—time conceptions, time orientations, and time types—interchangeably to refer to these broad ideas about time. Although time *perspective*

- might seem another good linguistic candidate to describe these broad ideas, that term has been used by researchers to describe whether one is primarily oriented toward the past, the present, or the future. More about time perspective in chapter 5.
2. Although overall we experience time as flowing at about the same pace day after day, a number of factors influence our perception of how quickly or slowly time passes in the moment or from one period of our lives to another. The influencing factors include our general level of arousal (the more aroused we are, especially if negatively, the faster time seems to move, and vice versa), whether we are in a state of flow (when we are deeply immersed in experience and activity, we may feel that time is not moving at all), and our age (children judge the passage of time as slower than do adults, and older adults judge time passage as more rapid than do young adults). See review in *Temporal Matters in Social Psychology: Examining the Role of Time in the Lives of Groups and Individuals* (pp. 33–38), by J. E. McGrath and F. Tschan, 2004, Washington, DC: American Psychological Association.
 3. There are several excellent educational videos by the great jazz and rock drummer Steve Smith (leader of the jazz group Vital Information and longtime drummer in the pop rock band Journey) that cover the history of time-keeping in drums and that compare the different time feels of some of the greatest drummers. You don't have to be a drummer to enjoy them! *Drum Legacy: Standing on the Shoulders of Giants*, by S. Smith, 2008, New York: Hudson Music, www.hudsonmusic.com. If you're interested in seeing a demonstration by great drum masters on the subtle differences in the art of playing jazz brushes (those sticks with a set of fine wires at the end that make a swish sound), check out the video *The Art of Playing with Brushes*, by S. Smith and A. Nussbaum, 2006, New York: Hudson Music.
 4. *The Times of Time: A New Perspective in Systemic Therapy and Consultation*, by L. Boscolo and P. Betrand, 1993, New York: W. W. Norton.
 5. My history is not nearly as detailed or erudite as that written by the great physicist Stephen Hawking, and is quite different. It focuses on the sociology and psychology of time and how certain socioeconomic and religious forces have sponsored and privileged one conception of time over another. In Hawking's *A Brief History of Time: From the Big Bang to Black Holes* (1988, New York: Bantam Books), he focuses on the development of chronological time and the ways that physicists like Einstein have questioned the assumed lockstep progression of time into the future.
 6. "Understanding Taylorism," by C. Littler, 1978, *British Journal of Sociology*, 29, 185–202.
 7. More on issues around time management and work in chapter 7.
 8. *The Power of a Positive No: How to Say No and Still Get to Yes*, by W. Ury, 2007, New York: Bantam Books.
 9. *The Hidden Injuries of Class*, by R. Sennett and J. Cobb, 1973, New York: Vintage.
 10. *A Sense of Urgency*, by J. P. Kotter, 2008, Cambridge, MA: Harvard Business Press.
 11. *It's Not the BIG That Eat the SMALL . . . It's the FAST That Eat the SLOW: How to Use Speed as a Competitive Tool in Business*, by J. Jennings and L. Haughton, 2002, New York: Harper Business.
 12. *Flow: The Psychology of Optimal Experience*, by M. Csikszentmihályi, 1990, New York: Harper and Row.
 13. *Ask the Children: What America's Children Really Think about Working Parents*, by E. Galinsky, 1999, New York: William Morrow.
 14. "Research on Household Labor: Modeling and Measuring the Social Embeddedness of Routine Family Work," by S. Coltrane, 2000, *Journal of Marriage and the Family*, 62, 1208–1233.
 15. "Money, Housework, Sex, and Conflict: Same-Sex Couples in Civil Unions, Those Not in Civil Unions, and Heterosexual Married Siblings," by S. E. Solomon, E. D. Rothblum and K. F. Balsam, 2005, *Sex Roles*, 52, 561–575.

16. *For Better: The Science of a Good Marriage*, by T. Parker-Pope, 2010, New York: Dutton.
17. "The Division of Household Labor and Wives' Happiness—Ideology, Employment, and Perceptions of Support," by D. L. Piña and V. L. Bengtson, 1993, *Journal of Marriage and the Family*, 55, 901–912.
18. *Present Moment, Wonderful Moment: Mindfulness Verses for Daily Living*, by T. Nhat Hanh, 1990, Berkeley, CA: Parallax Press.
19. *Wherever You Go There You Are: Mindfulness Meditation in Everyday Life*, by J. Kabat-Zinn, 2005 (10th anniversary ed.), New York: Hyperion.
20. *The Power of Now: A Guide to Spiritual Enlightenment*, by E. Tolle, 1999, Novato, CA: New World Library.
21. *Mindfulness and Psychotherapy*, ed. C. K. Germer, R. D. Siegel, and P. R. Fulton, 2005, New York: Guilford Press. See also *Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance*, ed. M. McKay, J. C. Wood, and J. Brantley, 2007, Oakland, CA: New Harbinger Publications.
22. *Peace Is Every Step: The Path of Mindfulness in Everyday Life*, by T. Nhat Hanh, 1991, New York: Bantam Books.
23. "Couples' Sharing Participation in Novel and Arousing Activities and Experienced Relationship Quality," by A. Aron, C. C. Norman, E. N. Aron, C. McKenna, and R. E. Heyman, 2000, *Journal of Personality and Social Psychology*, 78, 273–284.
24. *Kaironomia: On the Will-to-Invent*, by E. C. White, 1987, Ithaca, NY: Cornell University Press.
25. *Flow*, by Csikszentmihályi, 1990.
26. *Why We Love: The Nature and Chemistry of Romantic Love*, by H. Fisher, 2004, New York: Henry Holt.
27. "Love at First Sight or Friends First?," by D. P. H. Barelids and P. Barelids-Dijkstra, 2007, *Journal of Social and Personal Relationships*, 24, 479–496.
28. *After the Ecstasy, the Laundry: How the Heart Grows Wise on the Spiritual Path*, by J. Kornfield, 2000, New York: Bantam Books.
29. "Love at First Sight or Friends First?," by Barelids and Barelids-Dijkstra, 2007.
30. *Getting to Yes: Negotiating Agreement without Giving In*, by R. Fisher, R. L. Ury, and B. Patton, 1991 (2nd ed.), New York: Penguin.

3 *The Tortoise and the Hare*

1. *Organizing from the Inside Out*, by J. Morgenstern, 2004 (2nd ed.), New York: Henry Holt.
2. *It's Not the BIG that Eat the SMALL . . . It's the FAST that Eat the SLOW: How to Use Speed as a Competitive Tool in Business*, by J. Jennings and L. Haughton, 2002, New York: Harper Business.
3. *A Sense of Urgency*, by J. P. Kotter, 2008, Boston: Harvard Business Press.
4. *Slow Is Beautiful: New Visions of Community, Leisure and Jolie de Vivre*, by C. Andrews, 2006, Gabriola Island, B.C., Canada: New Society Publishers.
5. *In Praise of Slowness: How a Worldwide Movement Is Challenging the Cult of Speed*, by C. Honoré, 2004, New York: HarperCollins.
6. *Temporal Matters in Social Psychology: Examining the Role of Time in the Lives of Groups and Individuals*, by J. E. McGrath and F. Tschan, 2004, Washington, DC: American Psychological Association.
7. *Faster: The Acceleration of Just about Everything*, by J. Gleick, 1999, New York: Pantheon.
8. "Attention and the Evolution of Hollywood Film," by J. E. Cutting, J. E. DeLong, and C. E. Nothelfer, 2010, *Psychological Science*, 21, 432–439.

9. *American Mania: When More Is Not Enough*, by P. C. Whybrow, 2005, New York: W. W. Norton.
10. *The Long Shadow of Temperament*, by J. Kagan and N. Snidman, 2009, Cambridge, MA: Belknap Press of Harvard University Press.
11. "Temperament and Emotion," by J. E. Bates, J. A. Goodnight, and J. E. Fite, in *Handbook of Emotions* (3rd ed.) (pp. 485–496), ed. M. Lewis, J. M. Haviland-Jones, and L. Feldman Barrett, 2008, New York: Guilford Press.
12. "Emotion Regulation: Conceptual Foundations," by J. J. Gross and R. A. Thompson, in *Handbook of Emotion Regulation* (pp. 3–24), ed. J. J. Gross, 2007, New York: Guilford Press.
13. *Handbook of Attachment: Theory, Research, and Clinical Applications* (2nd ed.), ed. J. Cassidy and P. R. Shaver, 2008, New York: Guilford Press.
14. Other drummers say the same: See John Riley's *The Art of Bop Drumming*, 1994, Miami, FL: Manhattan Music Publications.
15. There are many wonderful, practical books by Thich Nhat Hanh. Excellent introductions to the practices of mindful breathing, walking, eating, and other daily practices are *Being Peace*, 1987/1996, Berkeley, CA: Parallax Press; and *Peace Is Every Step: The Path of Mindfulness in Everyday Life*, 1991, New York: Bantam Books.
16. *Wherever You Go There You Are*, by J. Kabat-Zinn, 2005 (10th anniversary ed.), New York: Hyperion; also by Kabat-Zinn, *Guided Mindfulness Meditation*, 2004, Lexington, MA: Stress Reduction CDs and Tapes.
17. One issue we'll discuss in chapter 8 is the negative effects of overwork on sexual arousal and intimacy. See also *Mating in Captivity: Reconciling the Erotic and the Domestic*, by E. Perel, 2006, New York: HarperCollins.
18. See chapter 7 in Carl Honoré's *In Praise of Slowness* for a humorous and informative inside view of Tantric sex courses.

4 Syncing Your Relationship Rhythms

1. Interview with Shelly Manne, *Downbeat Magazine*, 1964, quoted in *The Art of Bop Drumming* (p. 9), by J. Riley, 1994, Miami, FL: Manhattan Music Publications.
2. *Webster's New Collegiate Dictionary*, 1976, Springfield, MA: G. & C. Merriam.
3. "Comments on the Significance of Interaction Rhythms," by A. E. Sheflen, in *Interaction Rhythms: Periodicity in Communicative Behavior* (p. 14), ed. M. Davis, 1982, New York: Human Sciences Press.
4. "Rhythms of Dialogue in Infancy," by J. Jaffe, B. Beebe, S. Feldstein, C. L. Crown, and M. D. Jasnaw, 2001, *Monographs of the Society for Research in Child Development, Series 264, vol. 66*, 1–132.
5. "The Cross-cultural Variation of Rhythmic Style," by A. Lomax, in *Interaction Rhythms* (pp. 149–174), ed. M. Davis, 1982. Also see *Cantometrics: An Approach to the Anthropology of Music*, by A. Lomax, 1976, Berkeley, CA: University of California Extension Media Center.
6. "Temporal Patterning in the Family," by R. E. Cromwell, B. P. Keeney, and B. N. Adams, 1976, *Family Process*, 15, 343–348.
7. I wrote what is widely considered the first comprehensive scientific article on couples and rhythm: "Time and Rhythm in Couples," by P. Fraenkel, 1994, *Family Process*, 33, 37–51. My other academic articles on the topic include: "The Rhythms of Couplehood: Using Time as a Resource for Change," by P. Fraenkel, 1996, *The Family Therapy Networker*, 20, 65–77. "Time and Couples, Part I: The Decompression Chamber," by P. Fraenkel, in *101 Interventions in Family Therapy, vol II* (pp. 140–144), ed. T. Nelson and T. Trepper, 1998, West Hazleton, PA: Haworth Press. "Time and Couples, Part II: The Sixty Second Pleasure Point," by P. Fraenkel, in *101 Interventions in Family Therapy, vol II* (p. 145–149), ed. T. Nelson and T. Trepper, 1998,

- West Hazleton, PA: Haworth Press. "Getting a Kick out of You: The Jazz Taoist Key to Love," by P. Fraenkel, in *Why Do Fools Fall in Love* (pp. 61–66), ed. J. Levine and H. Markman, 2001, San Francisco: Jossey-Bass. "The Beeper in the Bedroom: Technology has become a Therapeutic Issue," by P. Fraenkel, 2001, *The Psychotherapy Networker*, 25, 22–29, 64–65. "The Place of Time in Couple and Family Therapy," by P. Fraenkel, in *Minding the Time in Family Experience: Emerging Perspectives and Issues* (pp. 283–310), ed. K. J. Daly, 2001, London: JAI. "Clocks, Calendars, and Couples: Time and the Rhythms of Relationships," by P. Fraenkel and S. Wilson, in *Couples on the Fault Line: New Directions for Therapists* (pp. 63–103), ed. P. Papp, 2000, New York: Guilford Press.
8. "Time and Rhythm in Couples," by Fraenkel, 1994.
 9. "A Chronography of Conversation: In Defense of an Objective Approach," by S. Feldstein and J. Welkowitz, in *Nonverbal Behavior and Communication* (pp. 435–439), ed. A. W. Siegman and S. Feldstein, 1987 (2nd ed.), Hillsdale, NJ: Lawrence Erlbaum Associates.
 10. There is a large literature on the relationship of chronobiology to physical and mental health. Some of the early classics: *Body Time: The Natural Rhythms of the Body*, by G. G. Luce, 1973, St. Albans, England: Paladin; *Body Clock: The Effects of Time on Human Health*, by M. Hughes, 1989, Abingdon Oxon, England: Andromeda Oxford; "Rhythms in Human Performance: 1-½ Hour Oscillations in Cognitive Style," by R. Klein and R. Armitage, 1979, *Science*, 204, 1326–1328; "Implications of the Rest-Activity Cycle: Implications for Organizing Activity," by N. Kleitman, in *Sleep and Dreaming* (pp. 46–73), ed. E. Hartmann, 1970, Boston: Little, Brown; *Biological Rhythms and Mental Disorders*, by D. Kupfer, T. Monk, and J. Barchas, 1988, New York: Guilford Press.
 11. *The 20-Minute Break: Reduce Stress, Maximize Performance, and Improve Health and Emotional Well-being Using the New Science of Ultradian Rhythms* (p. 14), by E. Rossi, 1991, Los Angeles: Jeremy P. Tarcher.
 12. These levels overlap with but are not identical to the micro, molar, and macro human interaction rhythms I describe later. For instance, within the broad chronobiological category of ultradian rhythms are those I'd categorize as micro, lasting milliseconds to seconds, as well as molar activities that last minutes to hours but are shorter than the circadian 24-hour cycle.
 13. *The 20-Minute Break*, by Rossi, 1991.
 14. *The Clocks That Time Us*, by M. C. Moore-Ede, F. M. Sulzman, and C. A. Fuller, 1982, Cambridge, MA: Harvard University Press.
 15. "Nonstandard Work Schedules and Marital Instability," by H. B. Presser, 2000, *Journal of Marriage and Family*, 62, 93–110.
 16. *The Sabbath: Its Meaning for Modern Man*, by A. Heschel, 1951, New York: Farrar, Straus and Giroux.
 17. "A Review of 50 Years of Research on Naturally Occurring Family Routines and Rituals: Cause for Celebration?," by B. H. Fiese, T. J. Tomcho, M. Douglas, K. Josephs, S. Poltrock, and T. Baker, 2002, *Journal of Family Psychology*, 16, 381–390.
 18. *Black Families in Therapy: Understanding the African American Experience*, by N. Boyd-Franklin, 2003 (2nd ed.), New York: Guilford Press.
 19. "A Review of 50 Years of Research on Naturally Occurring Family Routines and Rituals," by Fiese et al., 2002. See also "Family Time and Routines Index (FTRI)," by H. I. McCubbin, M. A. McCubbin, and A. I. Thompson, 1996, in H. I. McCubbin, A. I. Thompson, and M. A. McCubbin, *Family Assessment: Resiliency, Coping and Adaptation—Inventories for Research and Practice* (pp. 325–340), Madison: University of Wisconsin System.
 20. "Who Took My Hot Sauce? Regulating Emotion in the Context of Family Routines and Rituals," by B. Fiese, in *Emotion Regulation in Couples and Families: Pathways to Dysfunction and Health* (pp. 269–290), ed. D. K. Snyder, J. Simpson, and J. N. Hughes, 2006, Washington, DC: American Psychological Association.

21. "Organizing Principles of Interaction from Infant Research and the Lifespan Prediction of Attachment: Application to Adult Treatment," by B. Beebe and F. Lachmann, 2002, *JicaP*, 2 (4), 61-89.
22. *The Evolution of Useful Things*, by H. Petroski, 1992, New York, Vintage Books; *Success through Failure: The Paradox of Design*, by H. Petroski, 2006, Princeton, NJ: Princeton University Press.
23. "The Contribution of Couple Leisure Involvement, Leisure Time, and Leisure Satisfaction to Marital Satisfaction," by H. A. Johnson, R. B. Zabriskie, and B. Hill, 2006, *Marriage and Family Review*, 40, 69-91.
24. "Parent and Child Perspectives of Family Leisure Involvement and Satisfaction with Family Life," by R. B. Zabriskie and B. P. McCormick, 2003, *Journal of Leisure Research*, 35, 163-189.
25. "An Investigation of Life Satisfaction Following a Vacation: A Domain-Specific Approach," by L. L. Hoopes and J. W. Lounsbury, 1989, *Journal of Community Psychology*, 17, 129-140; "Moderating Effects of Vacation on Reactions to Work and Domestic Stress," by G. Strauss-Blasche, C. Ekmekcioglu, and W. Marktl, 2002, *Leisure Sciences*, 24, 237-249.
26. "Molar" is a term commonly used in anthropology to describe midrange-length activities. In the current context, it has nothing to do with your teeth, or with its use in economics. Weird word, but that's science jargon for you!
27. These levels overlap with the three levels discussed earlier that have been identified by chronobiologists. However, the micro and molar rhythms would both be examples of what chronobiologists call ultradian, while macro rhythms include both circadian (daily) and infradian (weekly, monthly, and yearly) rhythms.

5 Time Perspective

1. "Putting Time in Perspective: A Valid, Reliable Individual-Differences Metric," by P. G. Zimbardo and J. N. Boyd, 1999, *Journal of Personality and Social Psychology*, 77, 1271-1288 (quotation is from p. 1271).
2. See Barbara Ehrenreich's book *Bright-Sided: How the Relentless Promotion of Positive Thinking Has Undermined America* (2009, New York: Metropolitan Books) for an excellent description and trenchant critique of the belief in the power of positive thinking to affect health, career, economic, and other concrete outcomes.
3. See the wonderfully poignant poem by Langston Hughes entitled "Montage of a Dream Deferred," in which he asks, "What happens to a dream deferred? Does it dry up like a raisin in the sun?," *Selected Poems of Langston Hughes* (p. 268), by L. Hughes, 1959, New York: Vintage Books.
4. *Mindfulness and Psychotherapy*, ed. C. K. Germer, R. D. Siegel, and P. R. Fulton, 2005, New York: Guilford Press.
5. "Relationships between Mindfulness Practice and Levels of Mindfulness, Medical and Psychological Symptoms and Well-Being in a Mindfulness-Based Stress Reduction Program," by J. Carmody and R. A. Baer, 2008, *Journal of Behavioral Medicine*, 31, 23-33.
6. "The Influence of a Sense of Time on Human Development," by L. L. Carstensen, 2006, *Science*, 312, 1913-1915.
7. "Sacrifice as a Predictor of Marital Outcomes," by S. M. Stanley, S. W. Whitton, S. L. Sadberry, M. L. Clements, and H. J. Markman, 2006, *Family Process*, 45, 289-303.
8. "If I Help My Partner, Will It Hurt Me? Perceptions of Sacrifice in Romantic Relationships," by S. W. Whitton, S. M. Stanley, and H. J. Markman, 2007, *Journal of Social and Clinical Psychology*, 26, 64-92.

6 Resolving Struggles about Punctuality

1. "Who Is Late and Who Is Early? Big Five Personality Factors and Punctuality in Attending Psychological Experiments," by M. D. Back, S. C. Schmukle, and B. Egloff, 2006, *Journal of Research in Personality*, 40, 841-848 (quote from p. 842).
2. I am using the terms Generally Punctual Partner (GPP) and Rarely Punctual Partner (RPP) because it's the rare person who is always or never punctual. Rather, the differences are a matter of degree and context: A person may be frequently late in social situations or, more specifically, when it comes to meeting up with his partner, but on time for work; the partner who is almost always punctual for meetings with her mate may not be as concerned with being punctual for large parties.
3. "Family-of-Origin Frames in Couples Therapy," by R. Gerson, S. Hoffman, M. Sauls, and D. Ulrici, 1993, *Journal of Marital and Family Therapy*, 19, 341-354.
4. "Determinants of Employee Punctuality," by M. Dishon-Berkovits and M. Koslowsky, 2002, *Journal of Social Psychology*, 142, 723-739.
5. "Who Is Late and Who Is Early?," Back et al., 2006.
6. "A Meta-analytically Derived Nomological Network of Procrastination," by W. Van Eerde, 2003, *Personality and Individual Differences*, 35, 1401-1418.
7. "Why Not Procrastinate? Development and Validation of a New Active Procrastination Scale," by J. N. Choi and S. V. Moran, 2009, *Journal of Social Psychology*, 149, 195-211.
8. "Who Is Late and Who Is Early?," Back et al., 2006.
9. A large body of research has demonstrated that negative attributions about one's partner's behavior are among the strongest predictors of relationship distress and dissolution. See, for instance, "Research on the Nature and Determinants of Marital Satisfaction: A Decade in Review," by T. N. Bradbury, F. D. Fincham, and S. R. H. Beach, 2000, *Journal of Marriage and the Family*, 62, 964-980; and a classic first review, "Attributions in Marriage: Review and Critique," by T. N. Bradbury and F. D. Fincham, 1990, *Journal of Personality and Social Psychology*, 107, 3-33.
10. "Love at First Sight or Friends First?," by D. P. H. Barelids and P. Barelids-Dijkstra, 2007, *Journal of Social and Personal Relationships*, 24, 479-496.
11. "Only the Congruent Survive: Personality Similarities in Couples," by B. Rammstedt and J. Schupp, 2008, *Personality and Individual Differences*, 45, 533-535.
12. *A Geography of Time*, by R. Levine, 1997, New York: Basic Books.
13. Levine assessed the average "pace of life" of large cities in 31 countries through three measures: (1) surreptitiously timing people's average speed of walking alone for 60 feet on a flat, unobstructed, uncrowded, and sufficiently broad sidewalk on a clear summer day; (2) timing the speed with which it took postal clerks to respond to a request for stamps; and (3) documenting the accuracy of 15 randomly selected bank clocks as compared to an accurate indicator of the time. From these combined assessments, the top-paced countries were Switzerland, Ireland, and Germany; slowest paced were Brazil, Indonesia, and Mexico. It's important to note that Levine uses the term "pace of life" more broadly than I do. He defines pace of life as "... the flow or movement of time that people experience" (p. 3). Tempo, or the actual speed with which activities are conducted, he considers one component of the overall pace of life, which also includes the sense of the flow of time, rhythms (for instance, the pattern of work time and nonwork time), sequences (the typical order of activities), and synchronies (the degree to which people and their activities are connected in time). I use the term "life pace" to denote speed or tempo of activities. As you've seen in previous chapters, I consider rhythms to be different from pace (since rhythms can be carried out at different paces or tempos) and sequences to be one component of rhythm. I consider "synchronies" as the issue of whether people are linked in their rhythms.
14. *The Maria Paradox*, by R. M. Gil and C. I. Vazquez, 2002, New York: Random House.
15. *Acceptance and Change in Couple Therapy: A Therapist's Guide to Transforming Relationships*, by A. Christensen and N. S. Jacobson, 2008, New York: W. W. Norton.

7 The Great Juggling Act, Part I

1. "Time Clocks: Work Hour Strategies," by P. Moen and S. Sweet, in *It's about Time: Couples and Careers*, ed. P. Moen, 2003, Ithaca, NY: Cornell University Press.
2. "Why Study Working Families?," by B. Schneider and L. J. Waite, in *Being Together, Working Apart: Dual Career Families and the Work-Life Balance* (pp. 3–17), ed. B. Schneider and L. J. Waite, 2005, Cambridge: Cambridge University Press. Schneider and Waite write in their introduction to their report on a national study of 500 families, "Nearly all mothers and fathers report conflicts between work and family, and when these conflicts occur, the family is more likely to suffer than work. For most working parents, trade-offs and compromises between family and work obligations appear to be unavoidable" (p. 7).
3. *The Three Faces of Work-Family Conflict: The Poor, the Professionals, and the Missing Middle*, by J. C. Williams and H. Boushey, 2010, Washington, DC: Center for American Progress; *Families That Work: Policies for Reconciling Parenthood and Employment*, by J. C. Gornick and M. K. Meyers, 2003, New York: Russell Sage Foundation.
4. *Work to Live*, by J. Robinson, 2003, New York: Penguin Putnam.
5. *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal* (p. 5), by J. Loehr and T. Schwartz, 2003, New York: Free Press.
6. *Families That Work*, by Gornick and Meyers, 2003.
7. *Parental Leave Policies in 21 Countries: Assessing Generosity and Gender*, by R. Ray, J. C. Gornick, and J. Schmitt, 2008, revised June 2009, Washington, DC: Center for Economic and Policy Research, retrieved May 22, 2010, from <http://www.lisproject.org/publications/parentwork/parent-leave-report.pdf>; "Case for Paid Family Leave: Why the United States Should Follow Australia's Lead," by L. Daly, *Newsweek*, Aug. 3, 2009, retrieved June 6, 2010, from <http://www.newsweek.com/id/210252>.
8. "Family and Medical Leave: Evidence from the 2000 Surveys," by J. Waldfogel, 2001, *Monthly Labor Review*, 19, 19–20.
9. *A Detailed Look at Parental Leave Policies in 21 OECD Countries*, by R. Ray, Sept. 2008, Washington, DC: Center for Economic and Policy Research, retrieved May 22, 2010, from <http://www.emplaw.co.uk/content/index?startpage=data/20033221.htm>. In her recent book, leading work-family legal scholar Joan Williams argues trenchantly that the male-centered culture of work and the general culture of heterosexual maleness that keeps men from more fully acting on desires to fulfill more equitable roles must change if greater work-family balance is to be achieved for both men and women. *Reshaping the Work-Family Debate: Why Men and Class Matter*, by J. C. Williams, 2010, Cambridge, MA: Harvard University Press.
10. *The Three Faces of Work-Family Conflict*, by Williams and Boushey, 2010. See also *Families That Work*, by Gornick and Meyers, 2003.
11. *Working Fathers: New Strategies for Balancing Work and Family* (pp. 16–17), by J. A. Levine and T. L. Pittinsky, 1997, New York: Harcourt Brace.
12. "Time Strains and Psychological Well-Being: Do Dual-Earner Mothers and Fathers Differ?," by K. M. Nomaguchi, M. A. Milkie, and S. M. Bianchi, 2005, *Journal of Family Issues*, 26, 756–792.
13. *Handbook of Attachment: Theory, Research, and Clinical Applications*, ed. J. Cassidy and P. R. Shaver, 2008 (2nd ed.), New York: Guilford Press.
14. *In Praise of Idleness*, by B. Russell, 2001, London: Routledge.
15. See http://www.time.com/time/magazine/0,9171,11339_1162,00.html.
16. *Overwork in America: When the Way We Work Becomes Too Much* (p. 7), by E. Galinsky, J. T. Bond, S. S. Kim, L. Backon, E. Brownfield, and K. Sakai, 2005, New York: Families and Work Institute.
17. *Ibid.*, p. 7.
18. *Ibid.*, p. 7.

19. *Ibid.*, p. 8. A survey by Andersen Consulting found 63 percent of vacationing workers had contact with their main office through cell phones, pagers, voicemail, and laptops. "On the Next Vacation, Don't Forget the Laptop," by K. O'Brien, *New York Times*, Sept. 20, 2000, p. G1.
20. *Overwork in America* (pp. 8–9), by Galinsky et al., 2005.
21. The Families and Work Survey (*Overwork in America*, p. 9, by Galinsky et al., 2005) found that the 20 percent of employees who frequently work during nonwork hours are most likely to work on vacations.
22. *Overwork in America* (p. 8), by Galinsky et al., 2005; "When Work Interferes with Life: The Social Distribution of Work-Nonwork Interference and the Influence of Work-Related Demands and Resources," by S. Schieman, M. A. Milkie, and P. Glavin, 2009, *American Sociological Review*, 74, 966–988.
23. An enormous literature documents what sociologists and psychologists refer to as work-family conflict and work-life spillover. In addition to the other references for this chapter, a few prominent research articles specifically on couples are "The Contagion of Stress across Multiple Roles," by N. Bolger, A. DeLongis, R. C. Kessler, and E. Wethington, 1989, *Journal of Marriage and the Family*, 51, 175–183; "Effects of Daily Workload on Subsequent Behavior During Marital Interaction: The Roles of Social Withdrawal and Spouse Support," by R. L. Repetti, 1989, *Journal of Personality and Social Psychology*, 57, 651–659; and "Stress Crossover in Newlywed Marriage: A Longitudinal and Dyadic Perspective," by L. A. Neff and B. R. Karney, 2007, *Journal of Marriage and Family*, 69, 594–607. See also my recent chapter on work-family balance: "Contemporary Two-Parent Families: Navigating Work and Family Challenges," by P. Fraenkel and C. Capstick, in *Normal Family Processes* (4th ed.), ed. F. Walsh, 2011, New York: Guilford Press.
24. "Work-Family Conflict and Marital Quality: Mediating Processes," by L. S. Matthews, R. D. Conger, and K. A. S. Wickrama, 1996, *Social Psychology Quarterly*, 59, 62–79.
25. "Association Between Everyday Stress, Critical Life Events, and Sexual Problems," by G. Bodenmann, T. Ledermann, D. Blattner, and C. Galluzzo, 2006, *The Journal of Nervous and Mental Disease*, 194, 494–501. See also "Sexual Compatibility and the Sexual Desire-motivation Relation in Females with Hypoactive Sexual Desire Disorder," by D. F. Hurlbert, C. Apt, M. K. Hurlbert, and A. P. Pierce, 2000, *Behavior Modification*, 24, 325–347.
26. "Stress, Communication, and Marital Quality in Couples," by T. Ledermann, G. Bodenmann, M. Rudaz, and T. N. Bradbury, 2010, *Family Relations*, 59, 195–206. See also "Economic Stressors," by T. M. Probst, in *Handbook of Work Stress* (pp. 267–297), ed. J. Barling, E. K. Kelloway, and M. R. Frone, 2005, Thousand Oaks, CA: Sage.
27. "Stress and Coping among Stable-Satisfied, Stable-Distressed and Separated/Divorced Swiss Couples: A 5-Year Prospective Longitudinal Study," by G. Bodenmann and A. Cina, 2006, *Journal of Divorce and Remarriage*, 44, 71–89. See also "Associations of Stressful Life Events and Marital Quality," by L. M. Williams, 1995, *Psychological Reports*, 76, 1115–1122. And for a comprehensive review of research, see "Understanding Marriage and Stress: Essential Questions and Challenges," by L. B. Story and T. N. Bradbury, 2004, *Clinical Psychology Review*, 23, 1139–1162.
28. "Linking Economic Hardship to Marital Quality and Instability," by R. D. Conger, G. H. Elder, Jr., F. O. Lorenz, K. J. Conger, R. L. Simons, L. B. Whitbeck, S. Huck, and J. N. Melby, 1990, *Journal of Marriage and the Family*, 52, 643–656.
29. "Stress, Sex, and Satisfaction in Marriage," by G. Bodenmann, T. Ledermann, and T. N. Bradbury, 2007, *Personal Relationships*, 14, 551–569.
30. See Organization for Economic Co-operation and Development (OECD), "OECD Stat Extracts, Average Annual Hours Actually Worked per Worker," retrieved May 12, 2010, from <http://stats.oecd.org/Index.aspx?DatasetCode=ANHRS> (sortable data showing U.S. among top 11 countries with longest work hours and longer work hours than Japan, each year from 2000 to 2008). "Death by Overwork in Japan, Jobs for Life," *The Economist*, Dec. 19, 2007, retrieved June 10, 2010, from http://www.economist.com/world/asia/displaystory.cfm?STORY_ID=10329261.

31. "Are Americans Really Abject Workaholics?," by R. Arora, Oct. 5, 2004, Gallup Poll Tuesday Briefing, 1-4.
32. Recent statistics from the ILO suggest that Great Britain may have usurped the U.S. as the Western world's leader in overwork. "Britons Top Poll for Longest Working Hours in Developed World," June 7, 2007, *Mail Online*, retrieved May 16, 2010, from <http://www.dailymail.co.uk/news/article-460600/Britons-poll-working-hours-developed-world.html>.
33. "Average Annual Hours Actually Worked per Worker," OECD Stat Extracts, retrieved Oct. 11, 2010 from <http://stats.oecd.org/Index.aspx?DataSetCode=ANHRS>.
34. "So Much Work, So Little Time," by S. Greenhouse, *New York Times*, Sept. 5, 1999, p. 1. See also *The Overworked American*, by J. B. Schor, 1991, New York: Basic Books.
35. "Work and Family in the 1990s," by M. Perry-Jenkins, R. L. Repetti, and A. C. Crouter, 2000, *Journal of Marriage and the Family*, 62, 981-998; "Work and Family Research in the First Decade of the 21st Century," by S. M. Bianchi and M. A. Milkie, 2010, *Journal of Marriage and Family*, 72, 705-725.
36. "Job Loss and Depressive Symptoms in Couples: Common Stressors, Stress Transmission, or Relationship Disruption?," by G. Howe, M. Levy, and R. Caplan, 2004, *Journal of Family Psychology*, 18, 639-650.
37. Jerry Jacobs and Kathleen Gerson offer statistics indicating little change in the length of the work week from 1960 until 2000. They argue that the increase in overall work hours for families is due to increased annual work hours for women (more weeks a year, rather than more hours per week). See *The Time Divide: Work, Family, and Gender Inequality*, by J. A. Jacobs and K. Gerson, 2004, Cambridge, MA: Harvard University Press.
38. *Highlights of the 2002 National Study of the Changing Workforce*, by J. T. Bond, C. Thompson, E. Galinsky, and D. Protas, 2003 (No. 3), New York: Families and Work Institute.
39. "Overworked Individuals or Overworked Families? Explaining Trends in Work, Leisure, and Family Time," by J. A. Jacobs and K. Gerson, 2001, *Work and Occupations*, 28, 40-63 (quote from p. 46).
40. For excellent books on research about the factors that best predict happiness, see *The Happiness Hypothesis: Finding Modern Truth in Ancient Wisdom*, by J. Haidt, 2006, New York: Basic Books; *Stumbling on Happiness*, by D. Gilbert, 2007, New York: Vintage Books; *Psychology and Consumer Culture: The Struggle for a Good Life in a Materialistic World*, ed. T. Kasser and A. D. Kanner, 2004, Washington, DC: American Psychological Association.
41. *Overwork in America*, by Galinsky et al., 2005.
42. *Being Together, Working Apart* (p. 7), ed. Schneider and Waite, 2005.
43. *Highlights of the 2002 National Study of the Changing Workforce*, by Bond et al., 2003.
44. *Overwork in America* (p. 4), by Galinsky et al., 2005.
45. No, that's not a typo—sometimes it's just impossible to "grin" and bear it, and instead we have to harness our toughness, our true grit, to get through quite difficult periods at work. It's a jungle out there!
46. Books that provide step-by-step guides to negotiating for changes in work schedules, maternity or paternity leave, flextime, vacation, and other aspects of work time are *Ask For It: How Women Can Use the Power of Negotiation to Get What They Really Want*, by L. Babcock and S. Laschever, 2008, New York: Bantam Books; *Working Fathers*, by Levine and Pittinsky, 1997; *Work to Live*, by Robinson, 2003.
47. *Being Together, Working Apart* (p. 8), ed. Schneider and Waite, 2005.
48. "Individual Differences in Utilizing Control to Cope with Job Demands: Effects on Susceptibility to Infectious Disease," by J. Schaubroeck, J. R. Jones, and J. L. Xie, 2001, *Journal of Applied Psychology*, 86, 265-278. See also "When Work Interferes with Life," by Schieman et al., 2009.
49. *Temporal Matters in Social Psychology: Examining the Role of Time in the Lives of Groups and Individuals* (p. 69), by J. E. McGrath and F. Tschan, 2004, Washington, DC: American Psychological Association.
50. *Overwork in America* (p. 4), by Galinsky et al., 2005.

51. "Executive Control of Cognitive Processes in Task Switching," by J. S. Rubinstein, D. E. Meyer, and J. E. Evans, 2001, *Journal of Experimental Psychology: Human Perception and Performance*, 27, 763-797.
52. *Peace Is Every Step: The Path of Mindfulness in Everyday Life*, by T. Nhat Hanh, 1991, New York: Bantam Books.
53. "The Beeper in the Bedroom: Technology Has Become a Therapeutic Issue," by P. Fraenkel, 2001, *The Psychotherapy Networker*, 25, 22-65.
54. "Home Is Where the Office Is," by N. A. Ruhling, *American Demographics*, June 2000, 54-60. Ruhling estimates that in 2000, 21 million people worked at home and that by 2020, at least 40 percent of the American workforce will be telecommuters or home-office workers.
55. "A Wild Ride on the Swivel Chair," by L. Belkin, *New York Times*, Sept. 29, 1999, p. G1. Although advertisements for items related to home offices always depict smiling parents working away with their kids happily looking on (or working at an adjoining desk on their own computer), many home-office parents describe even more intense problems balancing their work and family time than when they worked in out-of-home offices. The physical boundary and commute between the workplace and home previously allowed a greater degree of regulation of the work-family boundary. When the office moves to the home, the temporal boundary becomes increasingly central, but it can be extremely challenging to maintain this boundary when pressure mounts to complete projects or to make "just a few" more phone calls.
56. "Foreign Affairs; Cyber-Serfdom," by T. L. Friedman, *New York Times*, Jan. 30, 2001, p. A23.
57. *Overwork in America* (p. 5), by Galinsky et al., 2005.
58. *Faster: The Acceleration of Just about Everything*, by J. Gleick, 1999, New York: Pantheon Books.
59. *The Time Divide*, by Jacobs and Gerson, 2004.
60. "Recovery, Well-Being, and Performance-Related Outcomes: The Role of Workload and Vacation Experiences," by C. Fritz and S. Sonnetag, 2006, *Journal of Applied Psychology*, 91, 936-945.
61. *The Clocks That Time Us*, by M. C. Moore-Ede, F. M. Sulzman, and C. A. Fuller, 1982, Cambridge, MA: Harvard University Press.
62. "The Job Demands-Resources Model of Burnout," by E. Demerouti, A. B. Bakker, F. Nachreiner, and W. B. Schaufeli, 2001, *Journal of Applied Psychology*, 86, 499-512; "Understanding Burnout: Work and Family Issues," by C. Maslach, in *From Work-Family Balance to Work-Family Interaction: Changing the Metaphor* (pp. 99-114), ed. D. F. Halpern and S. E. Murphy, 2005, Mahwah, NJ: Laurence Erlbaum Associates.
63. Few ideas are truly, completely new. Certainly not one that makes as much practical sense as using one's commuting to wind down. I want to acknowledge that among their many other great suggestions for achieving work-life balance, Jim Levine and Todd Pittinsky mentioned this one in their book *Working Fathers*. I know I won't get sued by these authors for plagiarizing their material—first, because I am citing it and including it in my list of sources; second, I must admit that I only recently read their book, published in 1997, and I have been writing about my ideas for work-life balance independently for many years. But third, and best of all for me, Jim is my literary agent!
64. See *Peace Is Every Step*, by Nhat Hanh, 1991.

8 The Great Juggling Act, Part II

1. *Work to Live*, by J. Robinson, 2003, New York: Penguin Putnam.
2. "Dual-Centric: A New Concept of Work Life," by E. Galinsky, executive summary of *Leaders in a Global Economy*, by E. Galinsky et al., 2008, New York: Families and Work

- Institute, retrieved May 22, 2010, from <http://familiesandwork.org/site/research/reports/dual-centric.pdf>.
3. A doctoral student of mine, Mark Horney, took a first step in this research direction with his 2006 dissertation, "Organization Men: A Qualitative Study of Personal and Professional Issues among Male MBA Students," Dissertation Abstracts International, 67, no. 01B (2006): p. 546.
 4. *Why We Love: The Nature and Chemistry of Romantic Love*, by H. Fisher, 2004, New York: Henry Holt.
 5. "Nowhere, U.S.A.," by R. Rayner, *New York Times Magazine*, March 8, 1998, p. 27; *The Power of Commitment*, by S. Stanley, 2005, San Francisco: Jossey-Bass; *Mating in Captivity: Unlocking Erotic Intelligence*, by E. Perel, 2006, New York: HarperCollins.
 6. "Do You Go to Work Sick?," by K. Lorenz, Sept. 2007, retrieved May 9, 2010, from <http://www.careerbuilder.com/Article/CB-755-The-Workplace-Do-You-Go-to-Work-Sick>. See also Society for Human Resource Management, SHRM® Special Expertise Panels 2005 Trends Report, retrieved May 9, 2010, from <http://shrm.org/Research/FutureWorkplaceTrends/Documents/05FullPanelTrendsReport.pdf>.
 7. "Reconsidering Work Time: A Multivariate Longitudinal Within-Couple Analysis," by R. C. Barnett, K. C. Gareis, and R. T. Brennan, 2009, *Community, Work & Family*, 12, 105–133. Most studies find greater negative spillover from work to family than from family to work. "Spillover," by P. V. Roehling, P. Moen, and R. Batt, in *It's about Time: Couples and Careers* (pp. 101–121), ed. P. Moen, 2003, Ithaca, NY: Cornell University Press.
 8. "Associations between Marital Distress and Work Loss in a National Sample," by M. S. Forthofer, H. J. Markman, M. Cox, S. Stanley, and R. C. Kessler, 1996, *Journal of Marriage and the Family*, 58, 597–605. As reported by J. C. Williams and H. Boushey: "Extensive research documents that the mismatch between work and life today leads to very high and very expensive levels of absenteeism and attrition as well as to decreases in productivity. Indeed, the 'business case for workplace flexibility' is extensively documented at the microeconomic level . . . Replacing these workers is extremely costly, given that replacing workers earning less than \$75,000 costs 22 percent of their annual salary. Research suggests that the turnover rate for employees who lack the flexibility they need is twice that of those who have it" (p. 5). *The Three Faces of Work-Family Conflict: The Poor, the Professionals, and the Missing Middle*, 2010, Washington, DC: Center for American Progress. See also "One Sick Child Away from Being Fired: When 'Opting-Out' is Not an Option," by J. C. Williams, 2006, Center for Work-Life Law, University of California, Hastings College of the Law, pp. 25–30, retrieved May 20, 2010, from <http://www.worklifelaw.org/pubs/OneSickChild.pdf>.
 9. "Women, Men, Work, and Family," by R. C. Barnett and J. S. Hyde, 2001, *American Psychologist*, 56, 781–796. See also *She Works/He Works: How Two-Income Families Are Happy, Healthy, and Thriving*, by R. C. Barnett and C. Rivers, 1996, Cambridge, MA: Harvard University Press; *Times Are Changing: Gender and Generation at Work and at Home: The 2008 National Study of the Changing Workforce*, by E. Galinsky, K. Aumann, and J. T. Bond, 2009, New York: Families & Work Institute; *The Unfinished Revolution: How a New Generation Is Reshaping Family, Work, and Gender in America*, by K. Gerson, 2010, New York: Oxford University Press.
 10. *Ask the Children: What America's Children Really Think about Working Parents*, by E. Galinsky, 1999, New York: William Morrow.
 11. "Work Demands of Dual-Earner Couples: Implications for Parents' Knowledge about Children's Daily Lives in Middle Childhood," by M. F. Bumpus, A. C. Crouter, and S. M. McHale, 1999, *Journal of Marriage and the Family*, 61, 465–475.
 12. Jane C. Gornick and Marcia K. Meyers have proposed reforming work-family policies so that we can attain what they call a "dual-earner-dual-career society," in which men and women couples are able to participate in both roles: See especially pp. 84–111 in *Families that Work: Policies for Reconciling Parenthood and Employment*, 2003, New York: Russell Sage Foundation.

13. "The Effects of Infant Child Care on Infant-Mother Attachment Security: Results of the NICHD Study of Early Child Care," by NICHD Early Child Care Research Network, 1997a, *Child Development*, 68, 860–879; "Maternal Employment and Child Cognitive Outcomes in the First Three Years of Life: The NICHD Study of Early Child Care," by J. Brooks-Gunn, H. Wen-Jui, and J. Waldfogel, 2002, *Child Development*, 73, 1052–1072; *The High Cost of Child Care Puts Quality Care out of Reach for Many Families*, by K. Schulman, 2000, Washington, DC: Children's Defense Fund.
14. "American Child Care Today," by S. Scarr, 1998, *American Psychologist*, 53, 95–108.
15. *Ask the Children*, by Galinsky, 1999. In contrast, successful coping by dual-career couples is enhanced when men and women hold gender-equitable attitudes about work and family life—demonstrated by supporting and valuing one another's work, as well as by sharing child care, housework, and emotional care-taking of one another, children, and extended family members. See *The Unfinished Revolution* by Gerson, 2010. Also see "Intimate Partnership: Foundation to the Successful Balance of Family and Work," by T. S. Zimmerman, S. A. Haddock, L. R. Current, and S. Ziemba, 2003, *The American Journal of Family Therapy*, 31, 107–124.
16. My esteemed colleague Bill Doherty has been a leading passionate advocate for the need to preserve time for the marriage and to protect that time from intrusion of work, children, extended family, and friends. See *Take Back Your Marriage*, by W. J. Doherty, 2001, New York: Guilford Press.
17. "Time and Couples, Part II: The Sixty Second Pleasure Point," by P. Fraenkel, in *101 Interventions in Family Therapy*, vol. II (pp. 145–149), ed. T. Nelson and T. Trepper, 1998, West Hazleton, PA: Haworth Press.
18. "Emotional Transmutation in the Daily Lives of Families: A New Paradigm for Studying Family Process," by R. W. Larson and D. M. Almeida, 1999, *Journal of Marriage and the Family*, 61, 5–20.
19. "Time and Couples, Part I: The Decompression Chamber," by P. Fraenkel, in *101 Interventions in Family Therapy*, vol. II (pp. 140–144), ed. T. Nelson and T. Trepper, 1998, West Hazleton, PA: Haworth Press.
20. "The Family Work Day," by S. L. Nock and P. W. Kingston, 1984, *Journal of Marriage and the Family*, 46, 333–343; "Individual and Crossover Effects of Work Schedule Fit: A Within-Couples Analysis," by K. C. Gareis, R. C. Barnett, and R. T. Brennan, 2003, *Journal of Marriage and Family*, 65, 1041–1054; "Work Time, Work Interference with Family, and Psychological Distress," V. S. Major, K. J. Klein, and M. G. Ehrhart, 2002, *Journal of Applied Psychology*, 87, 427–436.
21. *Lights Out: Sleep, Sugar, and Survival*, by T. S. Wiley and B. Formby, 2000, New York: Pocket Books.
22. *The Twenty-Four Hour Society*, by M. Moore-Ede, 1993, Reading, PA: Addison-Wesley.
23. *The Time Divide: Work, Family, and Gender Inequality*, by J. A. Jacobs and K. Gerson, 2004, Cambridge, MA: Harvard University Press.
24. *Working Fathers: New Strategies for Balancing Work and Family*, by J. A. Levine and T. L. Pittinsky, 1997, New York: Harcourt Brace. See the more recent reports on men's increased participation in child care and housework in *Times Are Changing*, by Galinsky et al., 2009; *The Unfinished Revolution*, by Gerson, 2010; and "Gender, Time, and Inequality: Trends in Women's and Men's Paid Work, Unpaid Work, and Free Time," by L. C. Sayer, 2005, *Social Forces*, 84, 285–303.
25. "Measuring the Division of Household Labor: Gender Segregation of Housework among American Couples," by S. L. Blair and D. T. Lichter, 1991, *Journal of Family Issues*, 12, 91–113. See also *Time for Life: The Surprising Ways Americans Use Their Time*, by J. Robinson and G. Godbey, 1997, University Park: Pennsylvania State University Press; "Work and Family Research in the First Decade of the 21st Century," by S. M. Bianchi and M. A. Milkie, 2010, *Journal of Marriage and Family*, 72, 705–725.
26. *Transit Markets of the Future: The Challenge of Change, Report 28*, by S. Rosenbloom, 1998, Washington, DC: National Academy Press.

27. "Research on Household Labor: Modeling and Measuring the Social Embeddedness of Routine Family Work," by S. Coltrane, 2000, *Journal of Marriage and the Family*, 62, 1208–1233; *The Unfinished Revolution: How a New Generation is Reshaping Family, Work, and Gender in America*, by K. Gerson, 2010, New York: Oxford University Press.
28. "Research on Household Labor," by Coltrane, 2000.
29. "When Does Gender Trump Money? Bargaining and Time in Household Work," by M. Bittman, P. England, L. Sayer, N. Folbre, and G. Matheson, 2003, *American Journal of Sociology*, 109, 186–214.
30. "Maternal Gatekeeping: Antecedents and Consequences," by R. Gaunt, 2008, *Journal of Family Issues*, 29, 373–395.
31. So-called "maternal gatekeeping" is often a response to men overriding or ignoring the home and child care systems women work hard to create and sustain. "All about Fathers," by P. Fraenkel, *NYU Child Study Center Newsletter*, Nov./Dec. 1999, 4, 1–4.
32. "The Opt-Out Revolution," by L. Belkin, *New York Times*, Oct. 26, 2003, retrieved June 7, 2010, from <http://www.nytimes.com/2003/10/26/magazine/26WOMEN.html?pagewanted=all>.
33. *The Unfinished Revolution*, by Gerson, 2010; *Highlights of the 2002 National Study of the Changing Workforce*, by J. T. Bond, C. Thompson, E. Galinsky, and D. Prottas, 2003, New York: Families and Work Institute.
34. *The Time Bind: When Work Becomes Home and Home Becomes Work*, by A. R. Hochschild, 1997, New York: Henry Holt; "Women, Men, Work, and Family," by Barnett and Hyde, 2001.
35. "The Division of Household Labor and Wives' Happiness—Ideology, Employment, and Perceptions of Support," by D. L. Piña and V. L. Bengtson, 1993, *Journal of Marriage and the Family*, 55, 901–912. See other studies in "Research on Household Labor," by Coltrane, 2000.
36. "Whistle while You Work? The Effect of Household Task Performance on Women's and Men's Well-Being," by J. Robinson and G. Spitze, 1992, *Social Science Quarterly*, 73, 844–861.
37. "The Ethic of Care: Leisure Possibilities and Constraints for Women," by K. A. Henderson and K. R. Allen, 1991, *Society & Leisure*, 14, 97–113; *Balancing Work and Caregiving for Children, Adults, and Elders*, by M. B. Neal, N. J. Chapman, B. Ingersoll-Dayton, and A. C. Emlen, 1993, Newbury Park, CA: Sage; "Care-Giving and Employment: Competing or Complementary Roles?" by A. E. Scharlach, 1994, *The Gerontologist*, 34, 378–385.
38. *The Unfinished Revolution*, by Gerson, 2010; *Times Are Changing*, by E. Galinsky et al., 2009.
39. *Peer Marriage: How Love between Equals Really Works*, by P. Schwartz, 1994, New York: Free Press.
40. Having a child under the age of 6 in the home reduces women's labor participation. The Bureau of Labor Statistics found only 64.2 percent of mothers with children under 6 years old worked, whereas 77.3 percent of mothers with children ages 6 to 17 worked. Mothers with infants are even less likely to work (56.6 percent). Another way to view the statistics is that in 36.6 percent of two-parent heterosexual families with children less than 6 years old, fathers worked but mothers didn't, whereas only 23 percent of families with children between 6 and 17 years of age had this arrangement. *Employment Characteristics of Families in 2009*, U.S. Bureau of Labor Statistics, 2010, retrieved Nov. 6, 2010, from <http://www.bls.gov/news.release/famee.nro.htm>. A study by the Institute for Women's Policy Research (cited by Galinsky and colleagues) showed women's markedly lower salaries over a period of 15 years were due mostly to women reducing work hours or leaving jobs temporarily to take care of children. *Times Are Changing*, by E. Galinsky et al., 2009. Thus, one major strategy dual-earner couples use to handle child care needs is women temporarily cutting back or leaving work. "Scaling Back: Dual-Earner Couples' Work-Family Strategies," by P. E. Becker and P. Moen, 1999, *Journal of Marriage and the Family*, 61, 995–1007.
41. "Effective Work/Life Strategies: Working Couples, Work Conditions, Gender, and Life Quality," by P. Moen and Y. Yu, 2000, *Social Problems*, 47, 291–326.

42. "Research on Household Labor" (p. 1225), by Coltrane, 2000.
43. *What Predicts Divorce: The Relationship between Marital Processes and Marital Outcomes*, by J. M. Gottman, 1994, Hillsdale, NJ: Lawrence Erlbaum.
44. "Money, Housework, Sex, and Conflict: Same-Sex Couples and Heterosexual Married Siblings," by S. E. Solomon, E. D. Rothblum, and K. F. Balsam, 2005, *Sex Roles*, 52, 561–575.

9 Syncing and Flowing as a Couple

1. "Teaching Family Therapy-Centered Integration: Assimilation and Beyond," by P. Fraenkel and W. M. Pinsof, 2001, *Journal of Psychotherapy Integration*, 11, 59–85.
2. *Playing and Reality* (p. 54), by D. W. Winnicott, 1971, London: Routledge. See also *Attachment, Play and Authenticity: A Winnicott Primer*, by S. Tuber, 2008, New York: Jason Aronson.
3. "Getting a Kick out of You: The Jazz Taoist Key to Love," by P. Fraenkel, in *Why Do Fools Fall in Love* (pp. 61–66), ed. J. Levine and H. J. Markman, 2001, San Francisco: Jossey-Bass.
4. *Funk, Blues, & Straight-Ahead Jazz Instructional DVD for Drums*, by M. Clark, 2007, Milwaukee, WI: Hal Leonard.
5. *Fighting for Your Marriage*, by H. J. Markman, S. M. Stanley, and S. L. Blumberg, 2010 (3rd ed.), San Francisco: Jossey-Bass. PREP® was created and has been research-tested for over 30 years by my colleagues Howard Markman and Scott Stanley, their colleagues at the University of Denver's Center for Marital Studies, and others around the world. For 12 years, I directed and researched PREP® at the New York University Medical School and Child Study Center.
6. These terms come from earlier versions of the PREP® program and do not appear in the most recent edition of the classic book *Fighting for Your Marriage*. I continue to use these terms because they make a lot of sense to couples and help them identify the particular "flavors" of escalation, and that aids the partners to more quickly stop escalating.
7. Available along with other materials for couples at www.prepinc.com.
8. One of the reasons couples sometimes are reluctant to use the Speaker-Listener Technique is that it does feel artificial. With practice, it becomes more natural. One of the things I tell my hip, artsy New York City couples who are reluctant to try the technique, is that this technique is quite similar to a piece by a famous video artist, Bruce Naumann, called "World Peace (projected)." When I saw it in SoHo in New York, it involved a room filled with large video monitors. Each showed a man or woman of a different race, ethnicity, and age, all slowly saying, "I'll talk, and you'll listen. You'll talk, and I'll listen. We'll talk, and they'll listen. They'll talk, and we'll listen," and on and on. Each person starts the sequence at a different time, so it has the effect of what is called a "round" in classical music. Very cool. Just like the Speaker-Listener Technique, it's all about talking and listening, and taking turns. Most hip and artsy couples are willing to do the Speaker-Listener after I make this connection.
9. *Fighting for Your Marriage*, by Markman et al., 2010.
10. In the current version of PREP®, the third step of problem solving is listed as Agreement and Compromise. I find it useful to remind couples that their first step should be to "harness their differences" and look for how they may each bring a useful perspective that can be combined. I also still include the term "contracting," which appeared in an earlier version of PREP®, because I find that without getting concrete about who will carry out which part of the plan and by when, these plans often go by the wayside.
11. "Sacrifice as a Predictor of Marital Outcomes," by S. M. Stanley, S. W. Whitton, M. L. Clements, and H. J. Markman, 2006, *Family Process*, 45, 289–303.

12. *Influence: The Psychology of Persuasion*, by R. B. Cialdini, 2007 (rev. ed.), New York: HarperCollins.
13. *Acceptance and Change in Couple Therapy: A Therapist's Guide to Transforming Relationships*, by N. S. Jacobson and A. Christensen, 1996, New York: W. W. Norton.
14. *The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are*, by D. Siegel, 1999, New York: Guilford Press; *Handbook of Attachment: Theory, Research, and Clinical Applications*, by J. Cassidy and P. R. Shaver, 2008 (2nd ed.), New York: Guilford Press.
15. *After the Honeymoon: How Conflict Can Improve Your Relationship*, by D. B. Wile, 2008, Oakland, CA: Collaborative Couple Therapy Books.
16. *Seven Principles for Making Marriage Work*, by J. Gottman, 1999, New York: Three Rivers Press.
17. "What Shamu Taught Me About a Happy Marriage," by A. Sutherland, *New York Times*, "Fashion and Style" section, Oct. 25, 2006. Retrieved July 24, 2010, from http://www.nytimes.com/2006/06/25/fashion/25love.html?_r=1&pagewanted=all.
18. *Flow: The Psychology of Optimal Experience*, by M. Csikszentmihályi, 1990, New York: Harper & Row.
19. *Finding Flow: The Psychology of Engagement with Everyday Life*, by M. Csikszentmihályi, 1997, New York: Basic Books.
20. *Flow*, by Csikszentmihályi, 1990.
21. *Mating in Captivity: Reconciling the Erotic and the Domestic*, by E. Perel, 2006, New York: HarperCollins.
22. "A Systems View of Family Interaction and Psychopathology," by P. Steinglass, in *Family Interaction and Psychopathology: Theories, Methods and Findings* (pp. 25–65), ed. T. Jacob, 1987, New York: Plenum Press.
23. *Flow*, by Csikszentmihályi, 1990.
24. *Finding Flow*, by Csikszentmihályi, 1997.
25. *Fighting for Your Marriage*, by Markman et al., 2010; *Seven Principles for Making Marriage Work*, by Gottman, 1999.
26. *Influence*, by Cialdini, 2007.
27. "The Death of 'Till Death Us Do Part': The Transformation of Pair-Bonding in the 20th Century," by W. M. Pinsof, 2002, *Family Process*, 41, 135–157.
28. *Shattered Assumptions: Towards a New Psychology of Trauma*, by R. Janoff-Bulman, 2002, New York: Free Press.
29. *The Relational Trauma of Incest: A Family-Based Approach to Treatment*, by M. Sheinberg and P. Fraenkel, 2001, New York: Guilford Press.
30. *Ibid.*
31. For two excellent guides to addressing the impact of an affair, see *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful*, by J. Abrahms-Spring with M. Spring, 1996, New York: HarperCollins; *Infidelity: A Survival Guide*, by D. Lusterman, 1998, Oakland, CA: New Harbinger Press.
32. *Seven Principles for Making Marriage Work*, by Gottman, 1999.
33. "Marital Stability and Spouses' Shared Time," by M. S. Hill, 1988, *Journal of Family Issues*, 9, 427–451.
34. *Predicting Success or Failure in Marriage*, by E. Burgess and L. Cottrell, 1939, New York: Prentice Hall; *Husbands and Wives: The Dynamics of Married Life*, by R. Blood and D. Wolfe, 1960, New York: Free Press; "Age at Marriage and Marital Satisfaction: A Multivariate Analysis with Implications for Marital Stability," by G. Lee, 1977, *Journal of Marriage and the Family*, 39, 439–504.
35. "Compatibility and the Development of Premarital Relationships," by R. M. Houts, E. Robins, and T. L. Huston, 1996, *Journal of Marriage and the Family*, 58, 7–20; "Joint and Separated Lifestyles in Couple Relationships," by M. Kalmijn and W. Bernasco, 2001, *Journal of Marriage and Family*, 63, 639–654; "Marital Stability and Spouses' Shared Time," by Hill, 1988; *Personal Relationships: Their Structures and Processes*, by H. Kelley, 1979, Hillsdale, NJ: Lawrence Erlbaum; "The Reciprocal Relationship

- Between Marital Interaction and Marital Happiness: A Three-Wave Study," by J. Zuo, 1992, *Journal of Marriage and the Family*, 54, 870–878; "Dyadic Exploration of the Relationship of Leisure Satisfaction, Leisure Time, and Gender to Relationship Satisfaction," by E. C. Berg, M. Trost, I. E. Schneider, and M. T. Allison, 2001, *Leisure Studies*, 23, 35–46; "Family and Leisure: A Review of the Literature with Research Recommendations," by T. B. Holman and A. Epperson, 1984, *Journal of Leisure Research*, 16, 277–294; "Compatibility, Leisure, and Satisfaction in Marital Relationships," by D. W. Crawford, R. M. Houts, T. L. Huston, and L. J. George, 2002, *Journal of Marriage and Family*, 64, 433–449.
36. "Discriminating Interaction Behaviors in Happy and Unhappy Marriages," by G. R. Birchler and L. J. Webb, 1977, *Journal of Consulting and Clinical Psychology*, 45, 494–495; "Multimethod Analysis of Social Reinforcement Exchange between Maritally Distressed and Nondistressed Spouse and Stranger Dyads," by G. R. Birchler, R. L. Weiss, and J. P. Vincent, 1975, *Journal of Personality and Social Psychology*, 31, 349–360; "Self-Expansion and Flow in Couples' Momentary Experiences: An Experience Sampling Study," by J. M. Graham, 2008, *Journal of Personality and Social Psychology*, 95, 679–694.
37. "The Reciprocal Relationship Between Marital Interaction and Marital Happiness," by Zuo, 1992.
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