



Greater Houston  
Healthy Marriage Coalition  
[www.houstonmarriage.org](http://www.houstonmarriage.org)



## The Silent Treatment

*A man and his wife had a fight and were giving each other the cold shoulder. The man realized that he would need his wife to wake him at 5:00 a.m. for a business flight. Not wanting to be the first to break the silence, he wrote on a piece of paper, "Wake me at 5:00 a.m." The next morning the man woke up, only to discover it was 9:00 a.m. and he had missed his flight. Furious, he went to see why his wife didn't wake him. That was when he noticed a piece of paper by the bed, which read: "It's 5:00 a.m. Wake up."*

At some point in our lives, we've been on the giving or receiving end of the silent treatment. It comes very naturally to some people but basic instincts aren't always the best way to nurture a relationship. The silent treatment is about *power*. The most common reason for the silent treatment is punishment. Whether you meant to or not, you have done something to upset your partner and they decided to react by ignoring you. This gives them a sense of power, but unfortunately, the use of silence as punishment can unravel any relationship.

What can you do when you find yourself on the receiving end of the silent treatment? Here are some tips:

- 1) Ask yourself if there is truth in what your partner is upset about. Resist the temptation to withhold love and affection from them during the silent treatment. Determine if this is actually just a "cooling off" period and not the silent treatment. Tell your partner you had no intention of hurting them, and you're willing to talk when they're ready.
- 2) After the silence has passed, talk about what you were both feeling. Find out if you can agree that being right or wrong is not the most important thing, but that loving each other is.
- 3) When you are not in the middle of a disagreement ask your loved one if they would be willing to attend a marriage education workshop with you. They are most likely behaving this way because they can't think of a better way to react. If your partner will not go to marriage education classes or seek help, and the behavior is causing you stress, seek help for yourself.

At the end of the day, effective communication is the key to ending the silent treatment. Ironic isn't it? To learn about communication and conflict resolution skills or to register for one of the free workshops listed on this flyer, call Yanira Montes at (713) 867-7764.

Source: <http://www.foundationformarriage.org>

## January 2009

### ORGANIZATION MEMBERS:

Abstinence America  
Alliance for Multicultural Community Services  
Archdiocese of Galveston-Houston,  
Family Life Ministry  
Asian American Family Services  
AVANCE Houston  
Baylor College of Medicine Teen Health Clinic  
Bible Way Fellowship Baptist Church  
Boat People SOS  
Brentwood Baptist Church  
The Bridge Across (for Stepfamilies  
& Single Parents)  
Brothers Support Service Alliance  
Caleb Spirit Marriage Mentoring & Support  
Catholic Charities  
Center for Family Wholeness  
Centro Familiar Cristiano  
Chews Wellness, Inc.  
Childbuilders  
Chinese Christian Herald Crusades Inc.  
Christus Community Health Ministries  
City of Refuge Evangelical  
Presbyterian Church  
Community Family Centers  
Connecting Marriages, LLC  
Cornerstone Marriage & Family Ministries  
Counseling Connections for Change, LLC  
Counseling Resource Center  
Cy-Fair Christian Church  
Dallas Ferguson Counseling Services  
DePelchin Children's Center  
Eagle Enterprises  
El Camino Counseling  
Families Under Urban & Social Attack, Inc.  
Family Services of Greater Houston  
Gulf Coast Community Services Association  
Harris County Domestic Violence  
Coordinating Council  
Harris County Juvenile Probation Dept.  
Harris County Systems of Hope  
Healthy Family Initiatives



The Greater Houston Healthy Marriage Coalition's mission is to foster the development of healthy marriages in the greater Houston area. The organization's vision is "healthy relationships creating healthy communities". The Coalition is open to any organization or individual who believes in promoting healthy relationships. To join the Coalition, contact (713) 867-7770 or [agreen@familyservices.org](mailto:agreen@familyservices.org).

# Free Couples Communication Workshops

A \$20 refundable deposit reserves your space.

Workshops are held at various locations in the Greater Houston area.

Workshops are open to all couples, regardless of faith or religious affiliation.

Financial assistance is available for childcare expenses for children 12 and under.

These workshops are for dating, engaged and married couples.



## Spanish-Speaking Couples *en español*

**January 10, 2009**

8:30 a.m. to 4:30 p.m.

St. Anne's Catholic Church

1111 S. Cherry St.

Tomball, TX 77375

**January 25, 2009**

8:30 a.m. to 4:30 p.m.

St. Leo's Catholic Church

2131 Lauder Rd.

Houston, TX 77039

**February 22, 2009**

8:30 a.m. to 4:30 p.m.

St. Augustine Catholic Church

5560 Laurel Creek Way

Houston, TX 77017



## English-Speaking Couples

**January 11, 2009**

9:00 a.m. to 5:00 p.m.

St. Leo's Catholic Church

2131 Lauder Rd.

Houston, TX 77039

**February 21, 2009**

9:00 a.m. to 5:00 p.m.

St. Augustine Catholic Church

5560 Laurel Creek Way

Houston, TX 77017

## ORGANIZATION MEMBERS: (CONTINUED)

Hiller & Associates, P.C.

Home Encouragement

Horizon Intergenerational Wellness Coalition

Houston Area Women's Center

Interface-Samaritan Counseling Centers

Jersey Village Baptist Church

Jewish Family Service

La Rosa Family Services

Light & Salt Association

Lupaul Human Development Agency

M.A.D.E. Services, Inc.

Memorial Bible Institute

Memorial Drive Presbyterian Church

Montgomery County Women's Center

Multi-Ethnic Community Center

National Council of Jewish Women

Northside Family Ministries

Prince of Peace Catholic Community

Progressive Counseling & Consulting, LLC

The Promise Church

R. Jackson Counseling Associates

Rapha Ministries

Shield-Bearer Counseling Centers

Smalley Marriage and Family Center

Somali Bantu Community of Greater Houston

The Source for Women of Houston

Spaulding for Children

St. Agnes Church

Sunny Futures Healthy Start

Ten Ten Ministries

Texas Association of Partners in Education

Triada International

United Way of Greater Houston

Weddings Without Walls

William Smith, Sr.,

Tri-County Child Development Council, Inc.

Williams Trace Baptist Church

Windsor Village United Methodist Church

YMCA International Services

For information or to register for an event, call Yanira Montes at (713) 867-7764.

Funding for this project is provided by the Texas Health and Human Services Commission and the U.S. Dept. of Health and Human Services, Admin. for Children & Families, Grant: 90FE0082/03. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the USDHHS/ACF.

©2009 Greater Houston Healthy Marriage Coalition

