



Loving Cohousing

February 19

9am-3pm Pac 12-6pm East

What we can learn from Sound Relationship House (Gottman Couples Therapy) for Vibrant Lively Cohousing

Chat & Links

01:24:07 Janet Murphy: I had to leave the program. Can someone confirm what talk this is?

01:24:27 Stan - Rm 1 host - (he/him) - Acorn Creek, NC: Sound Relationship House for a Vibrant Cohousing Community

01:25:30 Janet Murphy: Thanks!

01:25:53 kate: skills development

01:25:58 Lee Pedersen she/her Duluth Active Adult: Learn

01:26:06 Joad Clement, Calgary, Canada: Better awareness of my communication patterns and those of others

01:26:25 Val (she/her) Prairie Hill: Stronger connections in our community. Building community for better communication.

01:26:26 Kirsten Prairie Sky (18 households) Calgary She: To hear healthy foundations made overt

01:26:33 Mabel Liang (Cornerstone Village Coho, Cambridge, MA): Learn how to improve relationships both within the community and in my own household

01:26:35 kristinamuten: To bring any possible learning to help my community, which is struggling for the first time in its 24 year history

01:26:46 Pati Beaudoin: To learn how the Gottman model can be applied in choosing.

01:27:22 Todd Lewis: To gain insights into responding to problems in our village, specifically members who seem to perceiving their role as auditors of everything that is done and not necessarily respecting the work done by villagers who are experts at particular tasks.

01:27:34 Hazami Sayed (Philadelphia): To learn from those living in cohousing, as I'm working on creating new community.

01:27:45 Lloyd Ferris: My master's thesis (back in the late 90s) was teaching the Gottman principles through my own original songs. I am a member of Berkeley Cohousing in California.

01:27:59 Angela Hunkler: that I listen to others as they make community

01:29:22 Christie's iPad: You missed someone from Australia.

01:30:06 Karen (she/her)- Bozeman Cohousing: learn how to better relate in relationships

01:32:57 Pat (she/her) Ravens Crossing Sidney BC: To learn how to communicate in a way that can help unite various ways of thinking.

01:34:22 Susan Virnig (she/her) Spokane: Professional facilitator for 40 years; co-founder of Spokane Cohousing, Haystack Heights, want to learn even more

01:35:17 Susan Virnig (she/her) Spokane: Totally LOVED this video on-off exercise!

01:36:08 Andrew (he/his), Calgary: to learn about relationships and how they affect group decision making

01:49:21 Stan-Rm 1 host (he/him)-Acorn Creek, NC: The Gottman Institute website: <https://www.gottman.com/>

01:54:18 Stan-Rm 1 host (he/him)-Acorn Creek, NC: One thing that helped you get to know each other

01:59:07 Janet M, Arboretum Cohousing: Lotus... what is the name of this?

02:19:54 Stan-Rm 1 host (he/him)-Acorn Creek, NC: Dedicate this to our explorers who are considering being part of our community

02:20:13 kristina(she/her) Coyote Crossing Cohousing: I would like to dedicate the merit to all those who are suffering currently in their relationships with their neighbors

02:20:16 Twyla: I wish this is for my community

02:20:19 Todd Lewis: I dedicate the merit of this time together to the conflicts in our cohousing community.

02:20:23 Lotus (she/her) HIVE Hawaii: Dedicating to future generations 🥰

02:20:24 Karen (she/her)- Bozeman Cohousing: My current household

02:20:27 Pat (she/her) Ravens Crossing Sidney BC: To my husband who is having some difficulty adjusting to cohousing.

02:20:29 Val (she/her) Prairie Hill: To our founders who stayed strong through setbacks!

02:20:34 Rhonda David: Dedicate to relationship with my son

02:20:37 Susan Virnig (she/her) Spokane: Dedicate this merit to my sister who is suffering from MS, tho she is not part of cohousing

02:20:40 Kirsten Prairie Sky (18 households) Calgary She: To Susan, Leslie and Kathleen who set up good structures in the first place!

02:20:43 Lloyd Ferris: To Mary Carleton, my partner, who brought me into cohousing 25 years ago.

02:20:43 Leslie Myers (she/her) Prairie Sky, Calgary, Alberta: To all of us who are weary and cranky from the pandemic

02:20:50 Jamie Kegerise (he/him) Newark Delaware (forming): To our intrepid forming group members.

02:20:58 Hazami Sayed (Philadelphia): To friends I've been softly "preaching" about potentials of cohousing

02:20:58 Lisa (Bozeman Cohousing): Dedicated to: Gottman therapist who worked with some loved ones in a time of crisis in their marriage

02:20:59 Kathleen -Prairie Sky (she): Dedicate it to our community as we try to restructure our committees

02:21:01 Linda Reed - Wasatch Commons: Dedicating this to a community member who has not found trust yet, and who we would like to draw near.

02:21:01 Leslie Myers (she/her) Prairie Sky, Calgary, Alberta: also to Kirsten and Sarah

02:21:02 Pati/she/KCC Peterborough ON: I dedicate the merit of this time together to my community's quest for space.

02:21:06 Joad Clement, Calgary, Canada: To my wife Marjerie 🥰

02:21:14 Lee Pedersen she/her Duluth Active Adult: dedicate to those in my area who are learning about cohousing from me

02:21:24 Mabel Liang (Cornerstone Village Coho, Cambridge, MA): Dedicate to those who have withdrawn from being active in the community

02:21:52 Angela Hunkler, Phoenix Commons: the newer members of Phoenix Commons 😊

02:22:33 Pat (she/her) Ravens Crossing Sidney BC: ✨

02:22:35 Jerry Koch-Gonzalez: To Pati, bringing spirited new leadership to our Sociocracy For All's Intentional Communities Circle

02:23:27 Lloyd Ferris: Thank you!!!

02:23:39 Kirsten Prairie Sky (18 households) Calgary She: Well done!

02:23:53 Susan Virnig (she/her) Spokane: Spectacular session! 01:13:10 Ruth/Adams Creek Cohousing/OR: Thanks, Jerry, for this excellent session. Ruth