 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## **Esther Perel on maintaining and rejuvenating relationships**

Esther Perel is a Psychotherapist who explores the tension between the need for security (love, closeness and belonging) and the need for freedom (adventure and distance) in human relationships.

She is considered an authority on relationships and talks about the importance of rituals such as having the occasional formal meal with your partner and how the novelty can breed excitement. She asks us to think about when we are most drawn to our partners, i.e. when they are confident and in their element on stage, running, or talking at a party.<sup>1</sup>

Esther is a widely published author, Ted Talk presenter and podcast host.<sup>2</sup>

Reference:

1. Esther Perel, World Conference Guest Speaker YouTube (2021) [View](#)
2. Your Guide to Relational Intelligence. Esther Perel website [View](#)

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