



JUNE: SEASONAL SHIFT SPOTLIGHT

Death by a Thousand Cuts

It's not about the coffee he forgot to make. It's not about the clothes she didn't fold. It's not even about the wet towel on the floor or the lunchbox no one unpacked.

It's what those little things start to represent, feeling overlooked, unsupported, or like it always fall on you to hold everything together.

These moments seem small, but they add up. One by one, they chip away at your patience, your energy, and your sense of worth.

Here's the truth:

What feels "small" is often pointing to something big. When you notice it, you can begin to heal it.



Mental Health Moment

MANAGING THOSE SMALL THINGS

When a small thing gets under your skin, pause and name it. Say out loud (or write it down), "This isn't just about the [forgotten lunchbox]. It's about me feeling [unseen/exhausted/unsupported]." Naming the feeling helps you respond with clarity instead of reacting from frustration.





Coming Up This Month

UPCOMING EVENTS AND NEWSLETTERS

Keep an eye out for another value-packed newsletter soon, plus I'm excited to announce two upcoming workshops. In-person on July 15 from Noon-1pm cst at Inspired Health and Wellness and online on July 17th from 11am-Noon cst. More details (and a name!) coming soon.

[RSVP HERE](#)



Recommended Resource

BIDS FOR CONNECTION: WHY SMALL GESTURES MATTER IN REALTIONSHIP
BY DR. JOHN GOTTMAN

This article highlights how everyday gestures like sharing a laugh or asking about your partner's day serve as crucial touchpoints for emotional intamcay.

[FIND OUT MORE](#)



Tool of the Month

MARRIAGE 365 APP

The Marriage365 app is a realtionship resource that offers videos, courses, and tools to help couples build emotional connection, improve communication, and navigate challenges.

[CHECK IT OUT](#)

RELATIONSHIP Q & A

LET'S TALK ABOUT IT

Q

WHAT DOES "DEATH BY A THOUSAND CUTS" MEAN IN RELATIONSHIPS?

IT REFERS TO HOW SMALL, REPEATED FRUSTRATIONS OR UNMET NEEDS LIKE BEING IGNORED, DISMISSED, OR TAKEN FOR GRANTED CAN SLOWLY ERODE TRUST, CONNECTION AND EMOTIONAL SAFETY OVER TIME. IT'S RARELY ABOUT ONE BIG BLOW; IT'S THE ACCUMULATION OF TINY PAINS THAT GO UNADDRESSED.

A

Q

HOW CAN I TELL IF I AM BEING AFFECTED BY THESE "SMALL CUTS"?

YOU MAY FEEL RESENTMENT BUILDING, BECOME MORE EMOTIONALLY REACTIVE, OR START DISTANCING YOURSELF FROM THE RELATIONSHIP. YOU MIGHT ALSO NOTICE YOURSELF SAYING, "IT'S NOT A BIG DEAL... BUT IT KIND OF IS."

A



Let's Keep the Conversation Going

HI "LET'S CHAT" AND TELL ME WHAT THIS MONTH'S "REAL TALK" BROUGHT UP FOR YOU. BOOK A FREE 30-MINUTE CONSULT AND EXPLORE WHAT ONE SMALL SHIFT COULD LOOK LIKE FOR YOU. THANK YOU FOR YOUR MESSAGES! I READ EVERY MESSAGE AND LOVE HEARING FROM YOU.

[LET'S CHAT!](#)

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