



The Lifesaving “Pineapple”

What Does “Pineapple” Have to do With Marriage?

Every couple that I see in therapy is given a secret **code word** just for them. This word can be used for serious conversations, desperately needed hugs, drop everything moments, or at times when you feel vulnerable, grief stricken, neglected, unlovable etc.

When this code word is spoken it means that the other person has to stop what they are doing and pay you attention. "Drop everything and listen!!" Trust me there are plenty of couples on the Gold Coast who are saying pineapple to each other. It has saved marriages. People have said how simple and brilliant it is because “Pineapple” works.

Yes, it does mean you have to ignore your phone, work load on laptop, or footy game at an often inconvenient time, but what is your marriage or relationship worth?

This code word has to be a word that is not used everyday like **pineapple, penguin, rock** etc. It can be spoken in public and not give away anything to anyone else – like in-laws. However, you can share it with your children who may need to use it too. In general, it is your special partnership code / family code designed to repair your relationship and bond your connection, or intimacy.

You can pick your own code word with something significant to you. You can use it to fulfil your need for affection, conflict resolution, extra moral support, insecure feelings etc. Although you both can use it, you must not over-use it. It is for special moments only when you need to be taken seriously and respected.

More on couples counselling methods on my website:

www.ghitaandersen.com