

Hi!

Last night I was able to attend an intimate concert with some close friends that absolutely knocked me out. The performers had the most lush and beautiful harmonies as they sang their hearts out. What was even more special was that they led the audience in harmonizing and singing along through most of the show. It was a great reminder for me of the power of community and song to embody and express our feelings.

When was the last time you sang out loud or in community with someone else??? Music is the language of emotions and feelings...So, I encourage you to start humming a melody or put on a favorite song and just notice what happens in your body and mind. Take some deep breaths before the song or after to check-in with yourself and observe the sensations you feel and the way your thoughts are focused. Notice anything you feel anxious or blocked about and sing into those spaces.

TRY THIS: If you are feeling brave and willing to try an amazingly powerful partner connection exercise then please, please, please pick out a song with a friend or intimate partner that inspires you both and sing it together while dancing or looking each other in the eyes. Remember that Bravery = Vulnerability + Fear. If you make it that far with your partner then follow up with a conversation and ask/answer: What did it feel like in your body to sing together, what emotions did it bring up, how did it change your mood, and how did it influence or enhance your connection?

All the best!

[LVDY - Gentle Time](#)

[Gracie Abrams - Risk](#)

[Ambar Lucid - Truth is So Loud](#)

-Dr. Dan

*Remember that when you schedule your first session you receive a FREE .pdf of ['Check-in & Chill: The Couples Guide to Healthy Communication'](#). This one of-a-kind

resource was developed using the best research available to help couples stop arguing endlessly. Explore 15+ pages of detailed step-by-step instruction, examples, resources to learn more, and FAQ to help your relationship feel more connected.

If you are not an active client then here is the FREE [short version](#) to check out before purchasing this helpful resource (share the link with your friends!) FULL GUIDE available [Here](#) for \$20.



**Please reach out to [schedule](#) if you are struggling with something and want help. Share [my website](#) with your friends and family to let them know you are connected to an expert therapist. The best compliment I could ever earn is your trust by referring a friend or loved one to me for support. My evening time slots are quite full but I do have flexibility during the day for more client sessions.

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Dr. Dan Sneider, Ed.D., LCSW

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