Let’s talk about the adjectives *dynamic* and *static*. Essentially, *dynamic* describes change. In contrast, *static* is about not changing but instead sitting still or being stationary. I want to suggest to you that in your coupling, change, adaptation and resiliency are essential.

 I love to go to the beach. One of the things about the beach is that it changes all of the time. It doesn’t look that way, but at the edges it’s always in flux. The ocean is always moving tons of sand. Dunes grow and disappear. In times of stress the beach just takes it, and shifts and adapts. Rain, wind and storm may move it, but the beach remains a beach.

 We were at the gulf just after Hurricane Isaac came through. The beaches were fine. If anything the shell hunting was even better.

Our relationships need to be dynamic this way. Challenges come. Illnesses come. People are not perfect and mistakes are made. A resilient couple will adjust, absorb and take these challenges to enhance the strength and security of the relationship.

 It is so easy to get into a rut, yet the result is that we get stiff and brittle when we need to defend old positions. New positions may feel awkward at first but they expand our range of experience and therefore expand the base and strength of our foundation.

 Beaches do shift and change. The barrier islands of the Georgia coast are all migrating south. The kids are moving out and even worse a lot of me is migrating south! My wife and I both have to be able to accept and move with these subtle changes of life.

 Dauphin Island is just outside of Mobile Bay. When Katrina came through, the island was cut in half by the storm surge and waves. There was a lot of remediation that put the island back together. Isaac reopened the same cut, the same old wound. The problem is that a nearby stressor, a port channel that gets dredged, puts extra pressure on the island. I’m sure the people of Dauphin Island will work to save their island.

 Storms will come that will seem to rend the two of you apart. There may even be nearby stressors that put unnecessary pressure on your relationship. The question is can you remember that you are a couple; you are committed to riding the storm out. You have made your vows and now its time to cash that check that you wrote in the beginning. Are you good for it?

 The word *dynamic* is the base of the similar word *dynamite*. We all know how much power is in dynamite. And don’t think of dynamite as destructive. Dynamite was invented as a specific tool to remove unnecessary stuff. The seemingly destructive times can really be a way to remove those character defects that interfere with your coupling.

 One last thing, did you know that it’s the proceeds from the patent on dynamite that funds the Nobel Peace prize? Allow your relationship to be dynamic and peaceful, not static and boring.