

RESILIENT MARRIAGE (5 1/2 HOUR) LEVEL 101 WORKSHOP

AT THIS WORKSHOP, COUPLES WILL LEARN ABOUT AND EXPERIENCE WAYS TO MAKE THREE DISTINCT ASPECTS OF THEIR RELATIONSHIPS HEALTHIER:

1. **GROW ENJOYMENT** of each other by learning how to:
 - Appreciate creatively.
 - Communicate in new ways.
 - Discover fresh perspective on connection.
 - Create a safe, comforting for connecting emotionally.
 - Grow opportunities to replenish both individually and as a couple.
2. **KEEP BREAKS SMALL** Every relationship has inevitable relational distress (what we call breaks) Participants learn to keep their breaks smaller by:
 - Understanding how we each contribute to relational distress.
 - Staying in the green zone (speaking the truth in love)
 - Understanding what contributes to intensity in conflict.
 - Exchanging criticism, complaints, expectations and/or demands for expressing desires framed in the positive
3. **REPAIR EFFECTIVELY** Couples learn to repair more effectively using exercises uniquely created to help us practically apply Biblical relational principles:
 - Humbly do our own Matthew 7:5 work with God's help. We call this "moving from blaming to owning" and "taking humble ownership."
 - Understanding what is our responsibility as we give and receive repair.
 - Discovering what kind of repair, we find most meaningful.
 - Understanding obstacles to letting go of our record of wrongs.
 - Learning how to offer sincere, humble repair that is most meaningful to our spouse and/or others.
 - An easy but effective communication tool that can help diffuse conflict.

THIS WORKSHOP IS ALSO INTERACTIVE. THE PROCESS FOR TEACHING EACH CONCEPT IS:

- We provide a brief introduction of each concept.
- The concept is modeled by real-life examples (our own, or videos of couples with whom we have worked)
- Participants learn experientially through personal reflection, practice and/or discussion with spouse or as a group at their table. Participants will never be asked to share personal relational struggles/difficulties with people other than their spouse.

This workshop is a wholistic approach to building Resilient Marriages. Although it was designed for couples, the concepts taught have potential to strengthen any relationship.

NOTE: 1) We will not need to train leaders for this workshop. 2) Our workshops are media intensive with large slide decks and numerous video clips so tech support will be needed.