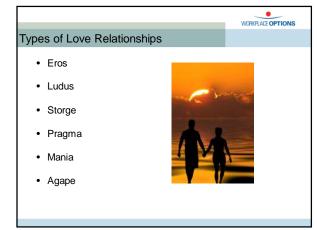




Session Overview

- Types of love relationships
- Keys to longevity
- Coping with relational challenges and conflict
- Balancing styles and keeping it fresh
- 10 relational essentials



WORKPLACE OPTIONS How Do You Want Your Partner to Express Love? · Candy and flowers

- · Affection publicly and privately
- Everyday surprises
- · Helping around the house or with the family
- Hearing the words, "I love you"
- Just being there, even in silence

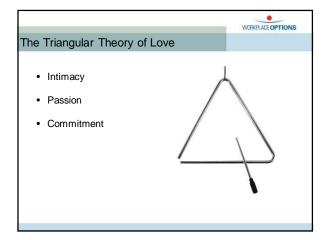


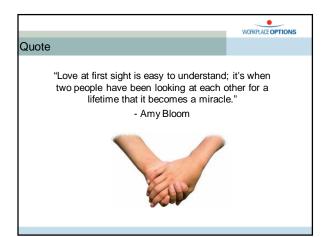
Poll

WORKPLACE OPTIONS

From the different ways previously discussed, how do you want your partner to express his or her love?

- A. Candy and flowers
- B. Affection publicly and privately
- C. Everyday surprises
- D. Helping around the house or with the family
- E. Hearing the words, "I love you"
- F. Just being there, even in silence









- · Learn to fight fair
- · Distinguish between the mountains and the mole
- · Recognize relational trends



| Poll | | | |
|------|--|--|--|

WORKPLACE OPTIONS

All relationships face challenges at some point - it's inevitable. However, it's not necessarily the challenge that holds the greatest weight. Rather, it's how you respond to the challenge that has the greatest impact.

- A. Lagree
- B. I disagree

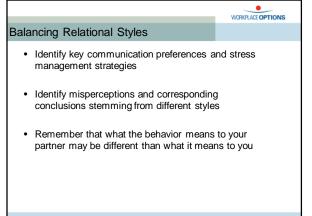
WORKPLACE OPTIONS

Coping With Relational Challenges

- Is this situational, a reflection of communication strategies, or both?
- · Does this issue truly need to be addressed or do I just want you to be more like me?
- How do external relationships, childhood issues, and other commitments influence our perceptions?

Conflict Management Styles • Aggressive • Passive • Assertive • Collaborative • Feeling based • Thinking based





WORKPLACE OPTIONS Poll What do you feel is your greatest relationship challenge? B. Not enough quality time together Trying to keep up with everything else Feeling unappreciated External pressures and/or other family relationships WORKPLACE OPTIONS Keeping It Fresh • Plan surprises - what has your partner always wanted to do? • Plan a weekend get-away • Separate relationship issues from general life issues WORKPLACE OPTIONS 10 Relational Essentials (Part 1) 1. Maintain a sense of humor 2. Be generous with praise 3. Learn what is most important to your partner in terms of sharing your love 4. Be creative in expressing appreciation

5. Don't expect your partner to read your mind

10 Relational Essentials (Part 2) 6. Regularly schedule special time together 7. Identify the real issue when disagreeing 8. Listen without judging or correcting 9. Forgive and let go 10. Keep in mind what really matters in the big picture

