



Types of Love Relationships


- Eros
- Ludus
- Storge
- Pragma
- Mania
- Agape






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

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

The Triangular Theory of Love

- Intimacy
- Passion
- Commitment

Quote

“Love at first sight is easy to understand; it’s when two people have been looking at each other for a lifetime that it becomes a miracle.”
 - Amy Bloom

Keys to Longevity

- Establish “we” time and respect “me” time
- Be clear about relational expectations and boundaries
- Discover interests to share as a couple as well as solo

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[illegible]

A. I agree


B. I disagree

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-
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WORKPLACE OPTIONS

Conflict Management Styles

- Aggressive
- Passive
- Assertive
- Collaborative
- Feeling based
- Thinking based




WORKPLACE OPTIONS

Quote

“Love is a choice you make from moment to moment.”


- Barbara De Angelis



WORKPLACE OPTIONS

Balancing Relational Styles


- Identify key communication preferences and stress management strategies
- Identify misperceptions and corresponding conclusions stemming from different styles
- Remember that what the behavior means to your partner may be different than what it means to you



Poll


What do you feel is your greatest relationship challenge?


- A. Boredom
- B. Not enough quality time together
- C. Trying to keep up with everything else
- D. Feeling unappreciated
- E. External pressures and/or other family relationships



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





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






Resources

Contact your EAP
or
Work-Life Program
for
Assistance



Thanks for Joining Us!

Questions???



WORKPLACE **OPTIONS**

Works Cited

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