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"1 + 1 = 2 MUCH!?" A GUIDE TO HEALTHY COUPLES RELATIONSHIPS

DESCRIPTION: The presentation brings together family life cycle theory, family systems theory, couples therapy principles, and communication skills as they apply to an healthy couples relationships. The presentation focuses on how a couple may develop (devolve) into negative patterns of relationship due to ignorance about temperamental differences, parenting demands, values confusion or differences, and poor communication skills. This theoretical knowledge is presented with practical techniques for keeping and/or restoring healthy relationships for couples, including the "Working It Out Plan"- a practical guide to healthy conflict resolution.

SUMMARY OF CONTENT:

1) GOALS FOR IMPROVING COUPLES RELATIONSHIPS

2) STAGES OF COUPLES RELATIONSHIP DEVOLUTION

COMMENTING, COMPLAINING, CRITICIZING- Crossing the Danger Line

CONTEMPT, DEFENSIVENESS- Deep in Danger

EMOTIONAL DISCONNECTION, DIVORCE- Endings

3) A DIAGNOSTIC ORDER FOR UNDERSTANDING BEHAVIOR-

4) PRINCIPLES OF FAMILY SYSTEMS THEORY APPLIED TO COUPLES

5) ATTACK AND DEFENSIVENESS

Defensiveness & Loss vs. Validating Communication

How To Break Negative Communication Cycles

6) THE FOUR HONORINGS OF COMMUNICATION

7) THE WORKING IT OUT PLAN- A Step by Step Practical Guide to Conflict Resolution Between Upset (but Caring) People

PART I: TELLINGS

First, one person speaks while the other person listens carefully without interrupting.

SAY: What I FELT.

What I WANTED.

What I LIKED or DIDN'T LIKE.

THEN SAY: What I think YOU FELT.

What I think YOU WANTED

What I think YOU LIKE or DIDN'T LIKE

Now, the other person says the same things to you while you listen carefully.

PART II: HAPPENINGS

First, one person speaks while the other person listens carefully without interrupting.

SAY: What I DID when I was upset.

What I want to happen INSTEAD.

What I can do DIFFERENTLY or BETTER next time.

Now, the other person says the same things to you while you listen carefully.

PART III: CONTRACT AND CLOSE

TOGETHER decide

What WE can do differently or better.

PLAN for the next time.

CLOSE by shaking hands or hugging.