

## Workshop Couples

### Will develop skills in:

Creating a love map of your partner's world

Building fondness & admiration

How to turn toward each other

How to have a stress reducing conversation

Identifying the difference between a solvable problem & a gridlock problem

Flooding & self-soothing

The Regulation of conflict

How to use the softened start-up in communication

No fault discussion & accepting influence

How to change gridlock problems to perpetual problems

Relaxing & soothing one another

Processing a fight

Creating shared meaning

The magic five hours a week



Change Is Possible  
Counseling Services, LLC

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## Couples Workshop Masters of Marriage

Building Marital Intmacy

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## Becoming a Master Of Marriage

Since you are reading this brochure, you must be interested in increasing the intimacy in your marriage. If this is the case, you have come to the right place! Read on to discover how you and your spouse can have a more satisfying and secure marriage. By attending this workshop and utilizing the skills developed within, you both become—

Couples will learn the secrets to avoid becoming a

Disaster of Marriage and the vital role that “repair” plays in the process of healing and reconciliation. This workshop will explain how to create a “Love Map” and how to best use it to understand, love, and respect your spouse. How do we build fondness and admiration in our marriage, and what is the key to build intimacy by turning toward your partner instead of turning away from them? Participants will be educated how to recognize “flooding” and the importance of self and partner soothing!



					
	<b>THE SOUND MARITAL HOUSE</b>				
	<b>Creating shared meaning &amp; rituals of connection: honoring one another's life journey</b>				
	<b>Making dreams &amp; aspirations come true</b>				
	<b>Dialogue with perpetual problems &amp; gridlock— effective conflict resolution: accepting influence, compromise, accept one another, repair &amp; de-escalate, softened start-up, &amp; physiological soothing</b>				
	<b>The positive perspective</b>				
	<b>Turning toward versus turning away &amp; emotional bank account</b>				
	<b>Fondness &amp; admiration</b>				
	<b>Love maps</b>				
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**COMMUNICATION!**

What is this word anyway and how come we are so intimidated by it as lovers? In order to have emotional and physical intimacy we *must* learn how to effectively communicate with our spouse. Still we frequently find that we are inadequate and feel like a failure, which causes us to withdraw from the one person we most need to connect with! In this workshop, couples will be taught the significant difference between a gridlocked problem and a perpetual problem and how to change these gridlocked problems into perpetual problems. Participants will be educated in the use of the “softened start-up” technique and how to have a stress reducing conversation. Couples will explore the mystery of processing a fight and insights into how to effectively regulate conflict in such a manner that spouses feel and practice no fault discussions and methods for accepting influence from your each other.

