

# Keeping the Couple Strong

When the focus seems to be on the children, who cares for the couple?



# Couple? What Couple?

- What is the basis of your relationship?
- Why did you decide to bring children into the relationship?
- How often do you tend to your relationship?
- 6 characteristics of strong couples...



# 1: Have commitment

- How do you show that you value each other?
- What common goals do you have?
- What common interests do you have?
- How do you celebrate successes?



## 2: Express appreciation

- How do you show appreciation?
- How do you look past resentments?
- How do you allow yourself to forgive?
- What are your personal outlets?



# 3: Find ways to spend time together

- How is family time structured?
- When does couple time fit?
- How is couple time structured?
- How do you share worries and concerns?
- What is the feeling behind the experience for your partner and self?



# 4: Communicate verbally and non-verbally

- How do you communicate for business?
- How do you communicate for disagreements?
- How do you communicate for pleasure?
- Ground rules for communication:
  - 1: Listen without giving advice
  - 2: Offer support
  - 3: Say your needs out loud



# 5: Deal with conflict

- How do you and your partner handle conflict? What are your similarities or differences?
- What are your 10 areas of incompatibility?
- How do you manage these areas?
- Ground rules for conflict:
  - 1: Gentle starts to conversation
  - 2: Self soothe
  - 3: Make requests instead of accuse
  - 4: Focus on how to help/resolve



# 6: Have rhythm

- What are your routines, rituals, and traditions?
- What are your rules/principles of relationship?
- What are family roles/expectations?
- How flexible are these roles?

