

# WHAT KIND OF RELATIONSHIP ARE YOU BUILDING?

## **Shared Meaning & Rituals of Connection**

Honor each other's life journey and accomplishments.  
Create shared traditions that honor your differing background.

## **Dreams & Aspirations**

Marriage should be a partnership in which each partner's dreams and hopes for the future are supported.

## **Conflict Resolution**

There are 2 types of marital conflict- perpetual and solvable.

Develop effective resolution skills for solvable problems and constructive dialogue for the perpetual conflicts.

## **Positive Perspective**

Can you use humor, affection, & other positive feelings to repair your communication when things go wrong?

Even in conflict you need to find ways to remain connected to each other.

## **Emotional Bank Account**

Marriage is like a bank account, the more you put in it, the more you can get out.

Fill up your "bank account" with loving, nurturing, affectionate interaction and in those times when you aren't at your best, your partner will have something to draw on to forgive you.

## **Fondness & Admiration**

Affection, respect, and genuinely liking your spouse.

## **Love Maps**

**Know your partner and actively seek to update that knowledge on a regular basis.**

**Marital Friendship is the foundation for a strong marriage.**