

Speaker Notes

Title of Presentation: Building a Healthy Marriage

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- **Developing a context for the marriage:** This has to do with thinking about what you want the marriage to be built on – trust, intimacy, family, support,
- **Identify what you have to give:** This has to do with what you bring into the marriage – stability, love, friendship, strength, structure, nurturing, a support system....
- **Becoming part of a group that promotes positive interactions:** This could be a church group, recreational activities group, dinner club, marital enrichment program-- Any group that promotes having a healthy relationship. This helps to provide positive support that can add to the growth of the relationship.
- **Work on communication skill:** Good communication skills increase the ability to deal with conflict. This is fundamental to a good relationship. These will be discussed in the following slides.
- **Learn effective ways to deal with conflict:** In addition to good communication skills, learning to learn to negotiate is also important in dealing with conflict. (This information will be discussed further in the following slides.)

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- **Building a friendship in the relationship:** This helps to provide a strong foundation. It takes more than romance to keep a relationship together for the long term.
- **Identify and honor each others values...:** This is a way of showing respect and caring for each other.
- **Increasing intimacy** – go out on a “date” occasionally. Schedule a time to talk – sometimes couples are so busy with the separate parts of their lives, they forget to take time to focus on the other person.
- **Creating rituals:** This can be as simple as honoring anniversaries in a special way – a special dinner, cards, special gifts, etc.

Page 7 – Good communication is central to maintaining a healthy marital relationship. It means sending clear and consistent messages not just with words but with tone of voice. Being attentive means to listen while the other person is speaking without interrupting them. To clarify what you have just heard them say. If you got it wrong, they can let you know and clarify what they meant. **“I” statements:** With “I” statements you are taking responsibilities for your feelings and not blaming or attacking the other person.

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