

ATTACH



EMPOWER
YOURSELF



LAY THE
FOUNDATION



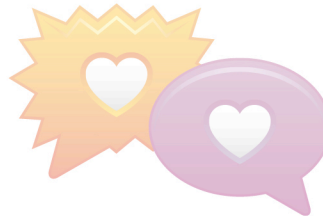
ENLIGHTEN



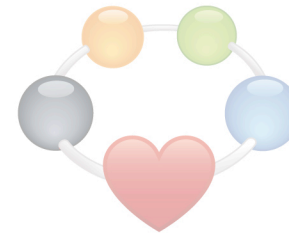
VALUE



ATTACH



TAME



ENGAGE

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3 Critical Elements of Building Friendship



- ✓ Spend meaningful time together
- ✓ Build couple identity
- ✓ Nurture positive interactions

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Spending Time Together



**What
may be
done
at any
time will
be done
at no
time.**

Scottish
Proverb



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Spending Time Together



**In what ways
do you like to
share with
your partner?**



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Distractions to Spending Time Together



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Distractions to Spending Time Together



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Foster Your Couple Identity



Celebrations



Traditions



Rituals



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Nurture Positive Interactions



**Quality of
time, not just
quantity of
time, matters!**

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It's not only WHAT you say, but HOW you say it!



Dude!



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It's not only WHAT you say, but HOW you say it!



You just found out
that you won a free
trip to Hawaii!

Dude!



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It's not only WHAT you say, but HOW you say it!



I think you just
stepped in dog poop!

Dude!



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It's not only WHAT you say, but HOW you say it!



You just found out
your partner
wrecked the car.

Dude!



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It's not only WHAT you say, but HOW you say it!



You see your partner in an attractive outfit.

Dude!



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Non Verbal Communication



Touch

Volume

Posture

Gestures

Eye contact

Facial expressions

Proximity when speaking

(too close or too far away)



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Filters get in the way of communicating...



**Emotional
states**

**Beliefs and
expectations**

Distractions

**Differences
in style**

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Bids for Connection



**How you
choose to
respond
matters!**

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It's Not About the Nail!



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Unhelpful Messages



Turning Away

Ignoring your partner's bid or continuing what you were doing.

Turning Against

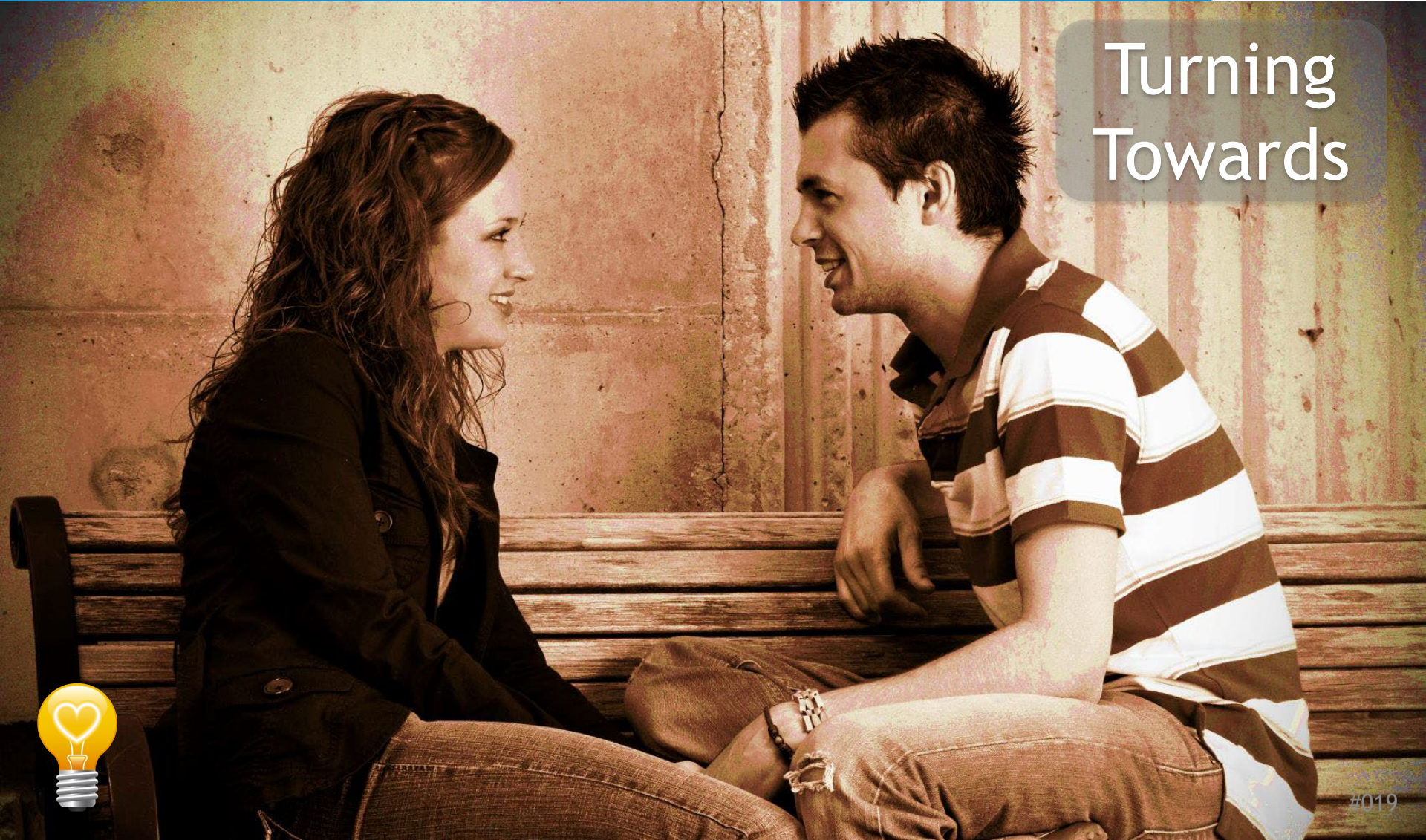
"Can't you see I'm busy right now?"

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Helpful Messages



Turning
Towards



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Ground Rules for Listening



- ✓ Give your full attention
- ✓ Use kind words and a kind tone of voice
- ✓ Don't interrupt or attempt to explain yourself
- ✓ Ask for clarification as needed
- ✓ Summarize what you believe your partner said and may be feeling to make sure you understand

Action Plan

✓ How do you and your partner create and protect your time for each other?

✓ What is one new thing that you can do in the future?



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Filters: Social Media Guard



Optional

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Non Verbal Communication



*The Importance of
Nonverbal Cues*

As told by "Friends"

Optional