

MARRIAGE WORKS OF MARYLAND

RELATIONSHIP SKILLS TRAININGS

BEING INTENTIONAL ABOUT CONNECTING

- Time Starved Marriages
- Rituals of Connection & Intimacy
- Ways to Connect
- Creating We-Ness
- Spiritual Intimacy

FAIR FIGHTING IN RELATIONSHIPS

- Fighting fair versus dirty fighting
- HOW to fight fair
- Avoid the Four Horses of the Apocalypse
- How to Control Your Anger
- Empathic Listening and Sharing

HOW TO HAVE HEALTHY RELATIONSHIPS

- The Importance of RELATIONSHIPS
- The Sin of Self Protection
- What is LOVE?
- Humility and Forbearance
- Validating Feelings

CRUCIAL IMPORTANCE OF TRUST & SEX

- How We Gain and Lose Trust
- What Is Your Trust Picture?
- Crucial Importance of Sex
- Sexual Needs of Husband and Wife
- Sex Unlocks a Man's Emotions

MAKING THE MOST OF PERSONALITY DIFFERENCES

- Completing the Personality Plus Profile
- Discover Your Strengths and Weaknesses
- Challenge of Understanding and Accepting One Another
- Important Differences Between Introverts and Extroverts

HIS NEEDS/HER NEEDS

- Top Ten Strengths of Happy Couples
- Ten Basic Emotional Needs in Marriage
- Top Needs of Husbands and Wives
- Significant Research Findings

Above Courses taught by:

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