

MARRIAGE LINKS

LASTING INTIMACY THROUGH NUTURING KNOWLEDGE & SKILLS

Falling in love is easy...staying in love is an art. This can be accomplished when a couple realizes that a relationship will not run itself. **YOU MUST RUN YOUR RELATIONSHIP.** There are two basic assumptions that are foundational to this curriculum. First, healthy relationships are not balanced relationships...rather, they are balancing relationships. Life has predictable and unpredictable twists and turns so that couples need to make regular adjustments to ensure that they are staying on top of their closeness and intimacy. The second assumption naturally follows the first. Although there are some couples who instinctively run their marriage relationships, most couples need a plan for accomplishing this. Keeping your love strong requires ongoing communication and thoughtful consideration of your relationship.

At the heart of every vibrant relationship is a STRONG ATTACHMENT. A couple who still feels “in love” after years of marriage is unsinkable in the waves of life. In the LINKS Program you will learn how to run your relationship by regularly revitalizing the dynamic LINKS of your marriage by using the Relationship Attachment Model (RAM) in brief huddles.

Intimacy is produced by these five dynamic links working together; if one is neglected or weakened, and then the others are also affected. You will gain skills for communication, conflict resolutions, forgiveness and rebuilding trust, identifying and satisfying personal needs, constructing a marriage story, and growing sexually.

The LINKS Program is comprised of five sessions summarized below:

1. **Relentlessly Pursuing Intimacy:** It is easy to lose touch with each other in marriage. This session explores the ways to keep up with deeply knowing your partner.
2. **Respectfully Cultivating Trust:** Negative thoughts and opinions of your partner can sabotage your feelings of closeness. This session explains how you can maintain and strengthen a positive opinion of your partner and heal any wounds to your trust.
3. **Reciprocally Meeting Needs:** In this session, you will learn that a mutual determination to know and fulfill your partner’s needs is the core of a happy marriage. Creative ways to accomplish this on a regular basis are explained.
4. **Resiliently Charting Your Course:** Belonging to each other is the heart of commitment and the soul of sexual intimacy. These sessions present commitment as a source of resiliency through changes and crises, and a daily practice of love throughout the course of your marriage.
5. **Romantically Renewing Your Union:** Sexual intimacy is essential to the ongoing bond of closeness, attraction and vitality in marriage. Learn about romance, sexual drives and keeping lovemaking alive.

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