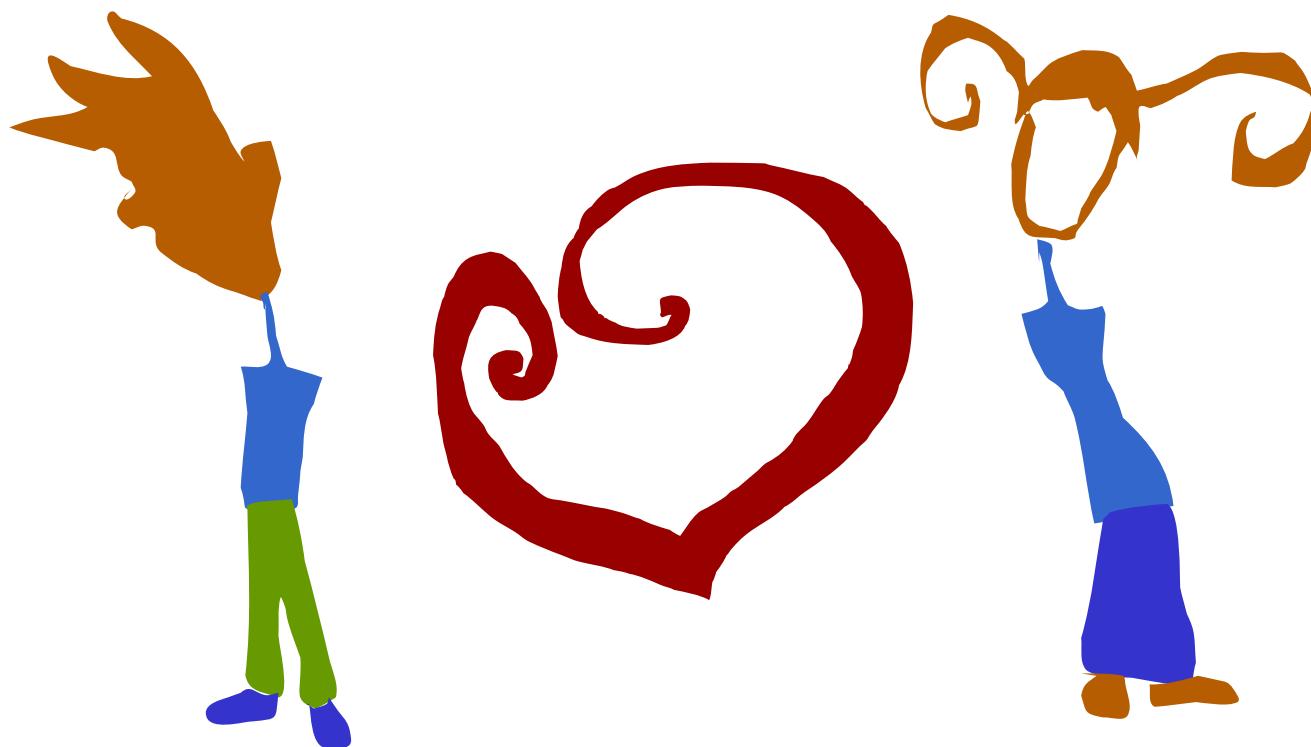


hot tips

seminars
for marriage and relationships



with Ian & Mary Grant

Parents Inc.
GROWING GREAT KIDS



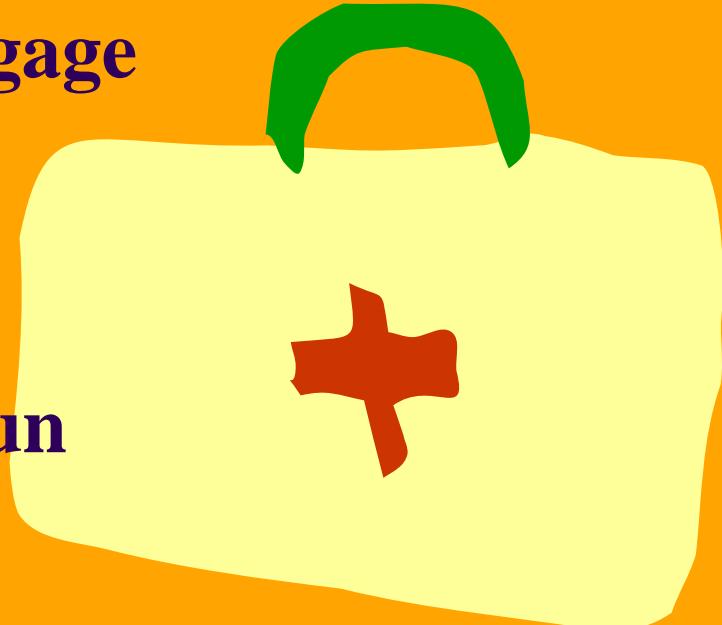
Parents Inc would like to thank our principal supporter



Enjoying marriage

The sticky patches

- ¥ male/female differences
- ¥ personality differences
- ¥ childhood and family baggage
- ¥ our partner's motivation
- ¥ resolving conflict
- ¥ romance recreation and fun



What about the “S” word?

- Good sex comes from friendship and intimacy.
- Build communication, friendship, fun and trust....



The Five Love Languages

- Words of encouragement
- Gift giving
- Acts of service
- Quality time and attention
- Physical touch and closeness



Life Tasks

- separate emotionally
- *create intimacy*
- *embrace the roles of parenthood*
- create a safe haven
- *pleasurable sexual relationship*
- *to use laughter and humour*
- *provide comfort and nurture*
- keep alive *romance*

Keys to great



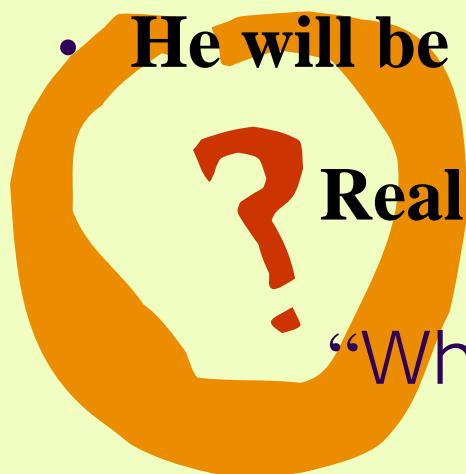
Relationships

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- He has the ability to get things done
- He will make decisions when he has a plan

The great strength of a man

- Give a man a plan and he'll make it happen
- He will be loyal to those who believe in him.



Real love is fact finding love

“What do we need to make this
relationship work?”

Men tend to be **passive** in building relationships

Why women are so valuable in relationships

The great strength of a woman is she has a natural desire to make good relationships

- A woman is more likely to evaluate relationships accurately
- Her brain is specialised to excel in net-working and co-operation

Four Keys a great relationship needs:

1. Security

Security is the safety net under the tight-rope of life

A major source of security is...

Commitment

Four Keys a great relationship needs:

...Security (continued)

The great need of a man **is** to feel adequate

The great need of a woman is to feel cared for

What is the major source of stress in your life?

Finance Flirting etc

Four Keys a great relationship needs:

2. Meaningful Communication

Women find it easy - men find it hard.

It's all about...

- Sharing feelings

- Talking about ordinary things

- talking about events coming up.

Weekly date

Page 10

Four Keys a great relationship needs:

3. Romantic Emotional Experiences

Romantic love can be learned

Build romantic love by nurturing the right conditions

*- if sexually in love, couples tend to be more gentle
and less judgmental with each other.*

- **Look back**
 - *Remember passion of the past*
- **Look forward**
 - *The power of imagination*

Four Keys a great relationship needs:

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- **80% of a woman's physical need is non-sexual touch**
- **Men live with the challenge of testosterone!**

The key - trying to please the other

Real life together is built on...

- Positive attitudes
 - Faithfulness
 - Pleasant memories
 - Good relationships
 - Commitment
 - Depth of character
 - Mutual respect
- 

“By wisdom a house is built and through understanding it is established. Through knowledge its rooms are filled with rare and beautiful treasures”

Take a break!





Hot tip 1

If you want a good marriage, first make up
your mind to have it at any cost.



A deliberate commitment to this is the
foundation for all future decisions.

Say “Yes” to your marriage

- Obsessive love lasts approximately two years
- Emotional tank
- Keep in touch
 - Daily Minimum Requirement
 - Weekly date
 - Yearly Retreat
- Periods of disconnection



Hot tip 2

**Identify the fears, prejudices and
false expectations you bring from
your childhood – they distort your
perception of your spouse.**

Unpack the baggage

Good stuff

- I like to do things well
- I will give and expect respect
- My circumstances don't determine my happiness

Unhelpful stuff

- no one listens to me
- I am unlovable
- I've got to fix everything

Misbelief

Trace it

Face it

Replace it

Q r #dxwr p dwlf #gr rp \$

Z k dw#gr# | rx#vwdog#iru#dv#d#frxs ohB

The 'We-Culture"

- We will always ring home
- We will never criticise each other in public
- We we will never go to bed angry
- We will never make important decisions without consulting each other



Hot tip 3

You chose your love, now choose to love your choice.

- , Marriage Killing Illusion:
Love is just a feeling
- , Act out of love, act out your love.

Z k dw#p r w l y d w h v# | rxB

	John	Sally
1	Leisure	Security
2	Fun	Bills paid
3	Sport	Chores, order
4	Friends	Creativity
5	Family	Peace, space
6	Work	Family Friends
7	Order	Work
8	Security	Leisure

How to argue safely:

- Hold the saltshaker/floor
- Express feelings and needs
- Hand over salt shaker
- Your partner speaks
- Put up idea “balloons”
- If necessary, do more research

Speaker Listener Technique

Rules for the Speaker:

- Speak for yourself, *don't mind read!*
- Keep statements brief. *Don't go on and on.*
- Stop to let the listener paraphrase

Speaker Listener Technique

Rules for the Listener:

- Paraphrase what you hear.
- Focus on the speaker's message. *Don't rebut.*
- Use. "*It sounds like.*"

Speaker Listener Technique

Rules for Both:

- The speaker has the floor
- Speaker keeps the floor while the listener paraphrases
- Share the floor



Share feelings, not judgements