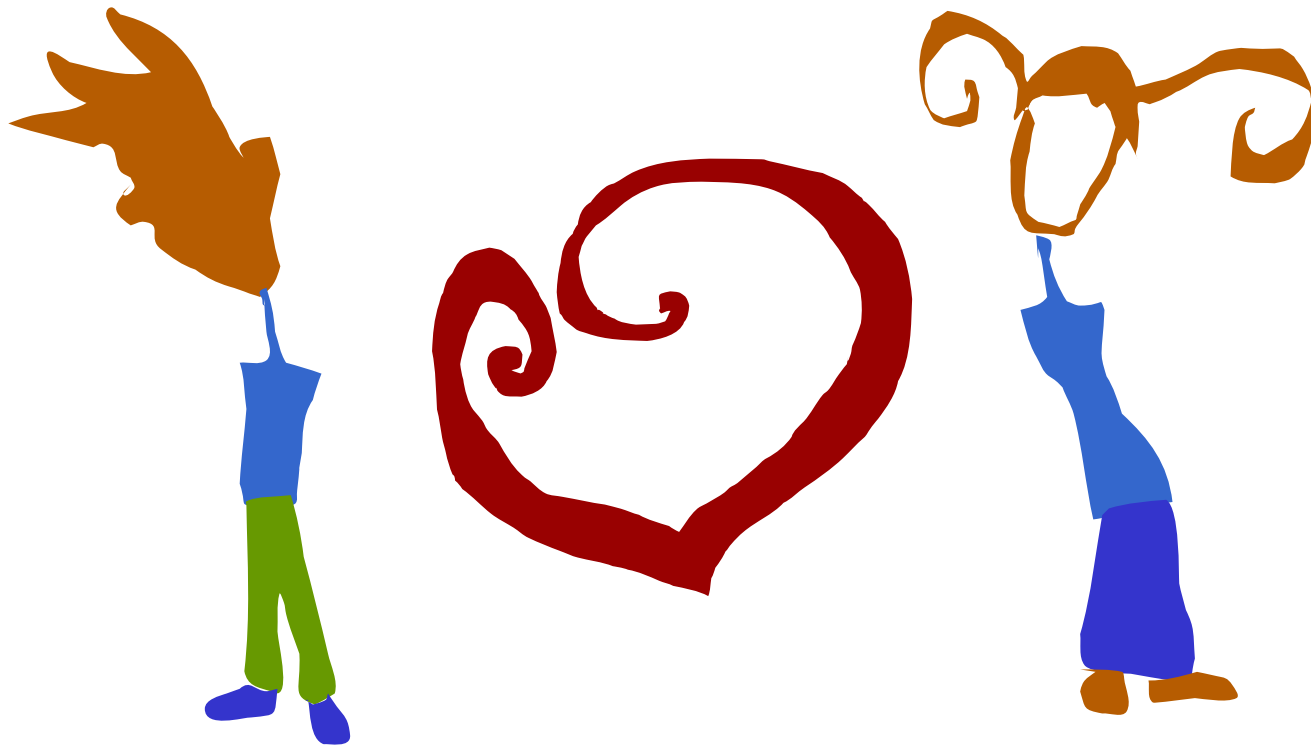


hot tips

seminars

for marriage and relationships



with Ian & Mary Grant

Parents Inc.
GROWING GREAT KIDS

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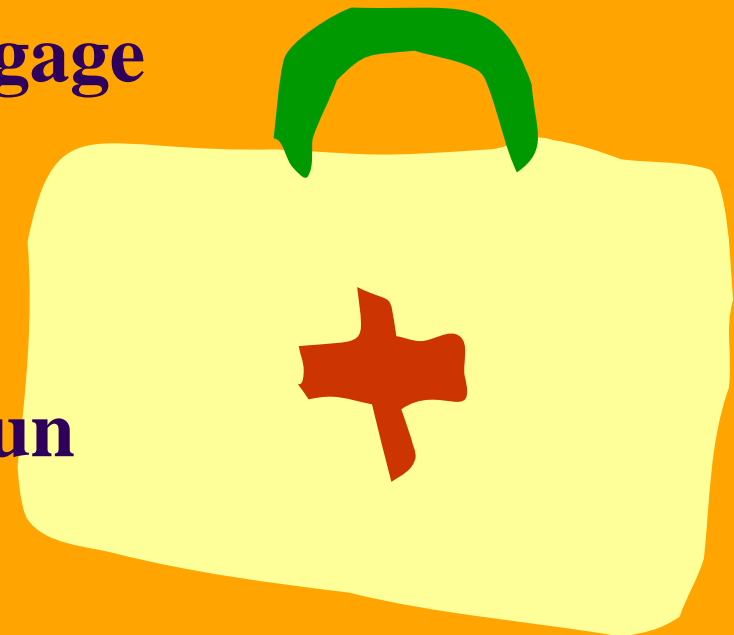
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Enjoying marriage

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*

The tone of a man's voice is sexual to a woman

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...

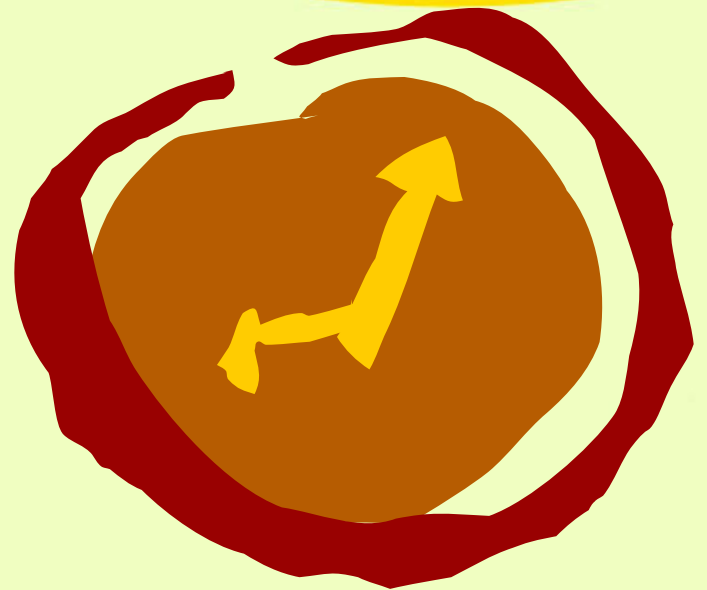
- **Positive attitudes**
- **Faithfulness**
- **Pleasant memories**
- **Good relationships**
- **Commitment**
- **Depth of character**
- **Mutual respect**



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

King Solomon

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

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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.

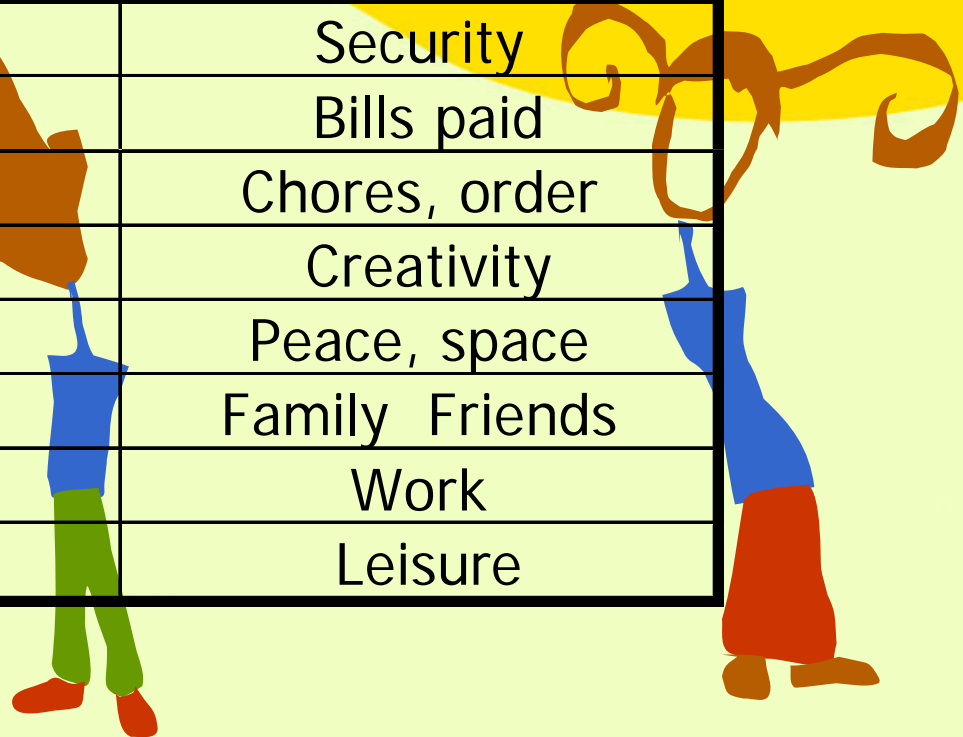
, Marriage Killing Illusion:

Love is just a feeling

, Act out of love, act out your love.

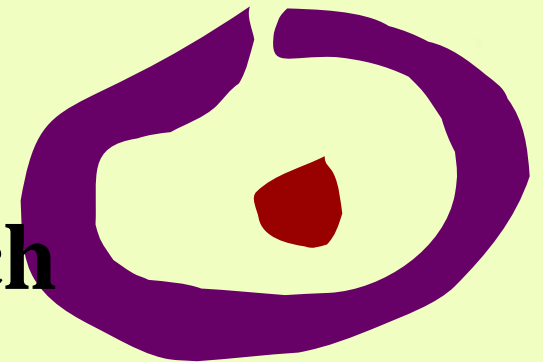
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	John	Sally
1	Leisure	Security
2	Fun	Bills paid
3	Sport	Chores, order
4	Friends	Creativity
5	Family	Peace, space
6	Work	Family Friends
7	Order	Work
8	Security	Leisure



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 for Both:

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

