

Getting Married and Staying Married

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A successful marriage is not based just on finding the right partner, but just as importantly BEING the right partner.

Why get Married?

- Becoming One with your partner

Finding Yourself

- Importance of finding yourself
- Deep soul searching
- Identify strengths and weaknesses
- Identify coping styles
- Examine present and past relationship dynamics
- Self, other, relationship paradigm
- Liking who you are
- ***Defining Life Goals and Values***

Being the Right Partner

- Making room within yourself for another person
- The importance of unconditional love and acceptance
- Understanding our own needs
- Navigating setting realistic expectations
- Banishing black and white or all or nothing thinking

Finding the Right Partner

- 4 Areas of attraction: Physical, Emotional, Intellectual, Spiritual
- Is this person a good, solid person? How can we tell?
- Comfort with communication
- Comparing Life Values and Goals

Challenges of Marriage

- Embracing becoming one with another
- Constant and effective Communication
- Setting reasonable expectations
- Understanding that men and women are different
- Different needs emotionally and physically in the relationship
- Different styles of communication

Life as a growth opportunity

- Recognizing challenges for growth and self improvement
- Concept of resiliency