

Unit Descriptions

Units	Why is this so important?	What will participants do?	What are the results?
<p>The Three Keys to Success</p>	<p>The environment for this workshop must be set up to feel safe for the sake of cultivating honest communication among participants.</p> <p>This unit also introduces participants to the Safety theories (WOR, p. 32 & 5; p. 4, Straus & Gelles; p.5 Amato & Rogers et al.; Stanley & Markman)—physical, emotional, community and commitment safety—that are the backbone for the successful practices within a relationship (PREP: Stanley, 2003; Stanley, 2004; Stanley, Markman & Whitton, 2002; Stanley, 2003).</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Welcome</p> <p>Lesson 2: The Three Keys to Successful Relationships</p> <p>Lesson 3: Why Trust PREP?</p>	<p>Whole Group Activity: <i>Nice to Meet You!</i> is a simple ice-breaker activity.</p> <p>Whole Group Activity: <i>House Rules</i> welcomes participants to the curriculum by first establishing safety and trust among the group. The group works together to create a set of workshop rules.</p> <p>Individual/Group Activity: <i>Relationships Today are Like...</i> helps gauge the general attitude towards relationships in society.</p> <p>Group Activity: <i>What Control?</i></p> <p>Individual Activity: <i>Do Your Part</i></p> <p>Small Group Activity: <i>High Cost Slides</i></p> <p>Individual Activity: <i>Decide, don't Slide</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Become oriented to the low-risk, safe environment fostered by <i>PREP 8.0</i>. • Determine a set of rules to help keep the workshop environment safe for everyone in the room. • Become involved in an open, interactive and supportive community of couples. • Are introduced to the foundational need to commit to emotional, physical, commitment and community safety. • Practice “doing their part” by controlling circumstances that <i>can</i> be changed. • Begin to use the three central action-based keys to success of <i>PREP 8.0</i>.

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<p>Personality</p>	<p>Personality conflicts can serve as barriers to healthy communication and camaraderie—personally and professionally. Understanding offers a beginning to working with different personality types more effectively, especially when it comes to our primary romantic relationship.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Personality Differences</p> <p>Lesson 2: Exploring My Type</p> <p>Lesson 3: Understanding Our Differences</p>	<p>Individual Activity: <i>The Primary Colors Personality Tool</i></p> <p>Animation: <i>Instructions to the Primary Colors</i></p> <p>Animation: <i>As the Color Wheel Turns</i></p> <p>Small Group Activity: <i>My People</i></p> <p>Couple Activity: <i>Discussing the Differences</i></p> <p>Individual Activity: <i>Trait “X”</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Assess their own personality for an improved sense of what individual needs they bring to the relationship. • Acknowledge the value that each different personality style brings to a relationship. • Explore the positives and the pitfalls of their personality style. • Practice showing appreciation for their partner’s personality style.
<p>Danger Signs & Time Out</p>	<p>Several key studies indicate that patterns of ineffective communication-- Communication Danger Signs --can ultimately defeat the good intentions of couples by negating the feeling of safety.</p> <p>Chronic negative patterns of interaction, in fact, are indicators of longevity, strongly differentiating happy couples from unhappy couples (e.g. Birchler, Weiss & Vincent, 1975; Christensen & Heavey, 1990; Fincham & Beach, 1999; Gottman & Notarius, 2000; Johnson, et al., 2002; Stanley, Markman & Whitton, 2002).</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: The First Three Danger Signs</p> <p>Lesson 2: The Fourth Danger Sign</p> <p>Lesson 3: The Power of the Danger Signs</p> <p>Lesson 4: Time Out</p>	<p>Videos: <i>Invalidation, Escalation, Withdrawal, and negative Interpretations</i></p> <p>Skit: <i>What’s for Dinner?</i></p> <p>Individual Activity: <i>Negative Interpretation or Benefit of the Doubt?</i></p> <p>Animation: <i>The Four danger Signs Reviewed</i></p> <p>Group Activity: <i>Smart or Not-so-Smart Time Out?</i></p> <p>Individual Homework Activity: <i>Creating Your Time Out Strategy</i></p> <p>Skit: <i>The Power of Humility</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Recognize the Danger Signs of ineffective communication. • Focus on minimizing stress on each other. • Replace detrimental communicative habits with proactive talking strategies. • Understand the value of taking a Time Out to discourage unhealthy exchanges.

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<p>Anger & Stress</p>	<p>Anger & stress factors into our relationships from every angle of our lives, but romantically, stress and anger: (1) drains strength, (2) increases conflict, and (3) decreases trust. In turn, stress wears down our ability to give our partners the patience and attention they deserve, often increasing conflict and decreasing trust.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: The Physiology of Stress & Anger</p> <p>Lesson 2: Two Reasons to Manage Amy</p> <p>Lesson 3: Assessing My Stress & Anger</p> <p>Lesson 4: Strategies to Manage Amy</p>	<p>Lecture Doodle: <i>Anger & Stress: Letting Flo Drive</i></p> <p>Small Group Activity: <i>AMY and Your Health</i></p> <p>Individual Activity: <i>Assess My Stress</i></p> <p>Individual Activity: <i>Assess My Anger</i></p> <p>Group Activity: <i>The Thinking Strategy</i></p> <p>Group Activity: <i>The Muscle Strategy</i></p> <p>Couple Activity: <i>Dealing with Stress & Anger Together</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Learn about the specific ways that stress affects the physical and emotional well-being of relationships. • Practice calming skills to control their own stress. • Identify ways to work as a team to deal with stress together. • Improve all relationships that see conflict/stress--parenting, work, sports teams. • Enact a relaxation exercise for improved awareness.
<p>The Speaker Listener Technique</p>	<p>Research strongly indicates that when people feel safe enough to share their thoughts, as opposed to feeling attacked or ignored, they are better able and willing to talk about their issues honestly. The Speaker Listener Technique helps diffuse the Communication Danger Signs that breed animosity so that speakers can feel safe enough to slow down and listen carefully to one another.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: What is Good Communication?</p> <p>Lesson 2: The Speaker Listener Technique</p> <p>Lesson 3: Skillful Speaking & Listening</p> <p>Lesson 4: Speaker Listener Technique Practice</p>	<p>Small Group Activity: <i>What is Good Communication?</i></p> <p>Video: <i>The Speaker Listener Technique</i></p> <p>Couple Activity: <i>Practice with a Playful Disagreement</i></p> <p>Individual Activity: <i>Speaking for Yourself</i></p> <p>Couple Activity: <i>Practice Sharing a Concern</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Learn and practice a proven effective model of communication—the Speaker Listener Technique. • Reinforce Emotional Safety through honest and open discussion.

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<p>Events, Issues & Hidden Issues</p>	<p>According to field research, couples often repeatedly fight about the same Incidents, or find themselves sliding into major arguments from simple beginnings. To avoid the “same old argument,” couples often fall victim to avoiding talk altogether.</p> <p>Understanding each other is an authentic starting point to solving the <i>real</i> problems more effectively.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: We’ve Got Issues</p> <p>Lesson 2: The Surface Layer—Events</p> <p>Lesson 3: The Middle Layer—Issues</p> <p>Lesson 4: The Core—Hidden Issues</p>	<p>Animation: <i>It’s a Little Thing</i></p> <p>Lecture Doodle: <i>Beneath the Surface</i></p> <p>Individual Activity: <i>Common Issues</i></p> <p>Individual Activity: <i>Me? Have Hidden Issues?</i></p> <p>Individual Activity: <i>Digging Deeper</i></p> <p>Couple Activity: <i>A Safe Way to Talk About Events, Issues and Hidden Issues</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Learn that Events often trigger Issues. • Learn to recognize their Issues—from past experiences or current expectations. • Work on discussing their Issues, rather than letting them be triggered by Events. • Experience the normalization of conflict. • Learn to flag the warning signs of Hidden Issues disguised as an Event. • Enjoy more productive discussions that can deepen intimacy.
<p>Fun & Friendship</p>	<p>Research shows that when individuals experience positive emotions by sharing fun, they solve problems more efficiently and are more confident in facing challenges .</p> <p>Consequently, having fun together nurtures overall partnership satisfaction.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Fun Matters</p> <p>Lesson 2: Four Reasons Fun Slips Away & How to Keep Fun Alive</p> <p>Lesson 3: Let’s Have Fun</p> <p>Lesson 4: Fun... & Friendship</p>	<p>Group Activity: <i>Have You Ever...Bingo!</i></p> <p>Group Activity: <i>What’s the Story?</i></p> <p>Couple Homework Activity: <i>Keeping Fun Alive</i></p> <p>Individual Homework Activity: <i>Free Time Chart & Is Time On Our Side?</i></p> <p>Group Activity: <i>What’s Fun?</i></p> <p>Individual/Group Activity: <i>Lots of Fun Idea Chart</i></p> <p>Couple Activity: <i>Lots of Fun Bingo</i></p> <p>Couple Activity: <i>Talking as Friends</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Create a cooperative plan for having fun together. • Recognize the barriers that contaminate sharing fun.

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<p>Commitment</p>	<p>Long-term life satisfaction is a product of commitment, according to scores of research efforts. Securing a future as a team matters to couples and their children, so the reflection and discussion about the gift of commitment to one another <i>and</i> to the family warrants attention.</p> <p>Unfortunately, struggling couples often resort to using commitment as a pawn to be played during times of conflict (Stanley, Lobitz & Dickson, 1999).</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Images of Commitment</p> <p>Lesson 2: Elements of Commitment</p>	<p>Individual Activity: <i>Positive Images of Commitment</i></p> <p>Video: <i>Understanding Commitment</i></p> <p>Couple Activity: <i>Couple Identity—Sharing Our Vision</i></p> <p>Individual Activity: <i>My Priorities</i></p> <p>Individual Activity: <i>Showing Commitment</i></p> <p>Couple Activity: <i>Keeping “Us” a Priority</i></p> <p>Individual Activity: <i>Small Sacrifices Make a Big Difference</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Define commitment for themselves. • Recognize the importance of commitment on the well-being of their partnership. • Focus on making their relationship a priority. • Learn to make healthy sacrifices. • See the advantage of making a commitment to their partner for long-term satisfaction. • Practice cognitive-oriented strategies to build stronger relationships.
<p>Expectations</p>	<p>Expectations affect how we feel and how we act. Likewise, expectations have a powerful effect on our interpersonal relationship satisfaction; missed expectations result in disappointment and frustration while shared expectations leave both partners feeling heard.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Why Understanding Expectations Matters</p> <p>Lesson 2: Unmet Expectations</p> <p>Lesson 3: Four Ways We Can Make Expectations More Clear</p>	<p>Animation: <i>Valentine’s Day Down the Drain</i></p> <p>Individual Activity: <i>Expectations for Our Relationship</i></p> <p>Group Activity: <i>Reasonable or Unreasonable?</i></p> <p>Couple Activity: <i>Discussing Our Expectations</i></p> <p>Individual Activity: <i>Be Willing</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Receive the opportunity to rate the reasonableness of their expectations. • Share an extended discussion of personal expectations. • Explore their personal expectations and their origin.

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<p>Problem Solving</p>	<p>Most couples are looking for healthy ways to solve problems together. This unit offers a structure that couples can use so that they can approach their problems as a team. It also helps couples set realistic expectations that not all problems need to be solved in order to have a healthy happy relationship. The unit encourages couples to remember to protect all of the good stuff in their relationship even when problems come up.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: XYZ Statements (For the Smaller Problems)</p> <p>Lesson 2: The 4-Step Problem Solving Model (For the Bigger Problems)</p> <p>Lesson 3: Managing Expectations (For the Unsolvable Problems)</p>	<p>Individual Activity: <i>Practice Using XYZ Statements</i></p> <p>Animation: <i>The 4-Step Problem Solving Model</i></p> <p>Couple Activity: <i>Our Problems</i></p> <p>Couple Activity: <i>Working Through the Problem Solving Model</i></p> <p>Couple Activity: <i>Problem Solving Night!</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Practice talking about a problem before solving it. • Identify what issues instigate the most conflict. • Engage in 4 steps of problem solving. • Begin to apply problem solving strategies to their own Issues. • Face productive approaches to handling “unsolvable” problems.
<p>Love Styles</p>	<p>Feeling loved is a basic emotional need for humans. While this need is innate, the ways to meet that need are less clear.</p> <p>Understanding varied means of <i>expressing</i> and <i>receiving</i> love is a pivotal foundation for feeling a satisfying, recurring sense of love.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Love Styles</p> <p>Lesson 2: How I Show & Receive Love</p>	<p>Small Group Activity: <i>What is Love?</i></p> <p>Individual Activity: <i>The Loving with Style Tool</i></p> <p>Individual Activity: <i>The Heart of the Matter</i></p> <p>Couple Discussion: <i>Sharing Our Love Styles</i></p> <p>Individual Activity: <i>Forgetting Something God?</i></p> <p>Couple Activity: <i>I Appreciate...</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Begin to explore authentic ways to meet the needs for feeling loved. • Learn to appreciate the differences in styles of loving. • Explore the spectrum of touch as affection—sexual, sensual and non-sexual—for a more satisfying experience. • Discover ways to relate to their most appreciated styles of giving and receiving love.

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<p>Road Mapping</p>	<p>Lesson 4: Appreciating Everyday Love</p> <p>Because we all bring our own set of experiences that influence how we are in relationship with one another, this Road Mapping unit helps participants to individually map their own journey so that, together, the couple can share possible sources for Hidden Issues. This activity helps couples better understand, empathize and build Emotional Safety with one another.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Creating a Road Map</p> <p>Lesson 2: Examining the Past</p> <p>Lesson 3: Our Future Journey</p>	<p>Individual Activity: <i>Remember My Milestones</i></p> <p>Individual Activity: <i>My Road Map</i></p> <p>Couple Activity: <i>Understanding Each Other</i></p> <p>Couple Activity: <i>New Traditions</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Reflect on past events that have shaped their decisions. • Reflect on past experiences that have played a part in the Hidden Issues they currently work with. • Develop a better understanding of and empathy for their partners Hidden Issues. • Work as a team to build Emotional Safety and support.
<p>The Speaker Listener Technique 2.0</p>	<p>Having become familiar with the technique, as well as the Communication Danger Signs, couples work on learning some of the nuances that make the Technique so powerful in a couple relationship. Couples get the opportunity to watch others practice and to then practice the Technique themselves multiple times over, as applied to common topics of low-level conflict (where the practice really counts).</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: Speaker Listener Review</p> <p>Lesson 2: Della & Christopher: A Closer Look</p> <p>Lesson 3: Sam & Tiera: A Closer Look</p> <p>Lesson 4: Tim & Neva: A Closer Look</p>	<p>Couple Activity: <i>Discuss a Home Life Issue</i></p> <p>Couple Activity: <i>Discuss a Cultural/Family Difference Issue</i></p> <p>Couple Activity: <i>Discuss a Relationship Priority/Partner Support Issue</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Reinforce the skills of both speaking and listening effectively with one another.

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<p>Stepparenting Together</p>	<p>This unit is about making stepfamilies work. Blended families can, and often do, work beautifully, but we know that parenting is a top source of conflict for parents who have children from previous relationships. The focus of this unit is on strengthening the parenting team so that they function as a unit and respectfully communicate ways work together to be the best parents and partners they can be. Couples discuss expectations, best practices and explore how to put into practice some helpful tips from experts on stepfamilies.</p> <p style="text-align: center;">Unit at a Glance</p> <p>Lesson 1: The Joys & Challenges of Stepparenting</p> <p>Lesson 2: Keeping Your Relationship Strong</p> <p>Lesson 3: Sharing Expectations</p>	<p>Couple Activity: <i>Talking as Friends</i></p> <p>Couple Activity: <i>Managing Disciplinary Issues with the Kids</i></p> <p>Couple Activity: <i>Building one-on-one Relationships with the Kids</i></p> <p>Couple Activity: <i>Managing relationships with Exes</i></p> <p>Couple Activity: <i>Sharing Other Expectations</i></p>	<p>Participants:</p> <ul style="list-style-type: none"> • Honor the value of a blended family. • Acknowledge the challenges of a blended family. • Share their expectations with one another respectfully. • Work as a team to build a plan (using expert advice) to keep their blended family strong. • Work as a team to build a plan to keep their couple relationship strong.