



Strengthening Marriage Relationships



The slide features decorative white line-art leaf patterns in the corners. The top-left and top-right corners have clusters of several pointed leaves on a stem. The bottom-left and bottom-right corners have a single large leaf with a central vein and a stem with two smaller leaves. The background is a solid light gray.

Where to begin?

- IMPROVE COMMUNICATION
- HOW TO SHOW AND RECEIVE LOVE
DESPITE DIFFERENCES
- AVOID FAULT FOCUS
- PRACTICAL DAILY TOOLS



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THE SOUND RELATIONSHIP HOUSE

**CREATE
SHARED MEANING**

**MAKE LIFE DREAMS
COME TRUE**

MANAGE CONFLICT

- Accept your partner's influence
- Dialogue about problems
- Practice self-soothing

THE POSITIVE PERSPECTIVE

TURN TOWARDS INSTEAD OF AWAY

SHARE FONDNESS AND ADMIRATION

BUILD LOVE MAPS

- Know one another's world

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Expressing and Receiving Love



John 13:34-35

"A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. By this shall all men know that ye are my disciples, if ye have love one to another."

The image features decorative leaf patterns in the corners. On the left, there is a cluster of several pointed leaves on a stem, and below it, a larger, more complex leaf shape with multiple lobes and veins. On the right, there is a similar cluster of pointed leaves, and below it, a large, complex leaf shape with multiple lobes and veins, mirroring the one on the left. The leaves are rendered in a light, semi-transparent style against a light gray background.

The Golden Rule The Platinum Rule

“DO UNTO OTHERS, WHENEVER POSSIBLE, AS THEY
WOULD HAVE YOU DO UNTO THEM”



The five love languages

Words of affirmation

Quality time

Physical touch

Acts of service

Receiving gifts



The Positive Perspective



President Russell M. Nelson

Peacemakers Needed April 2023

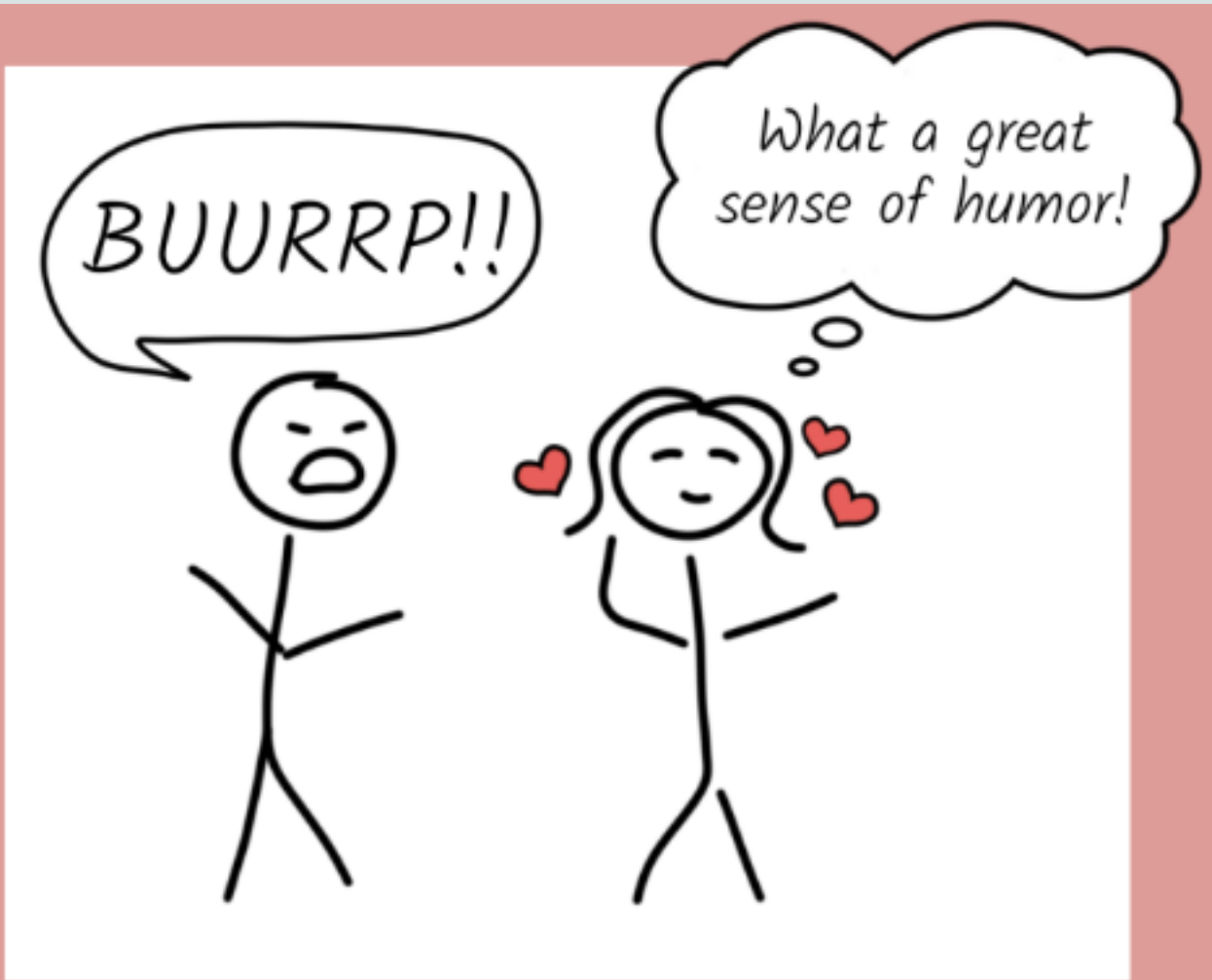
“‘If there is anything virtuous, lovely, or of good report or praiseworthy’ that we can say about another person—whether to his face or behind her back—that should be our standard of communication.”

The image features a light blue background with decorative white leaf patterns in the corners. The top-left and top-right corners have clusters of several pointed leaves on a stem. The bottom-left and bottom-right corners have smaller clusters of leaves. The central text is framed by these leaf motifs.

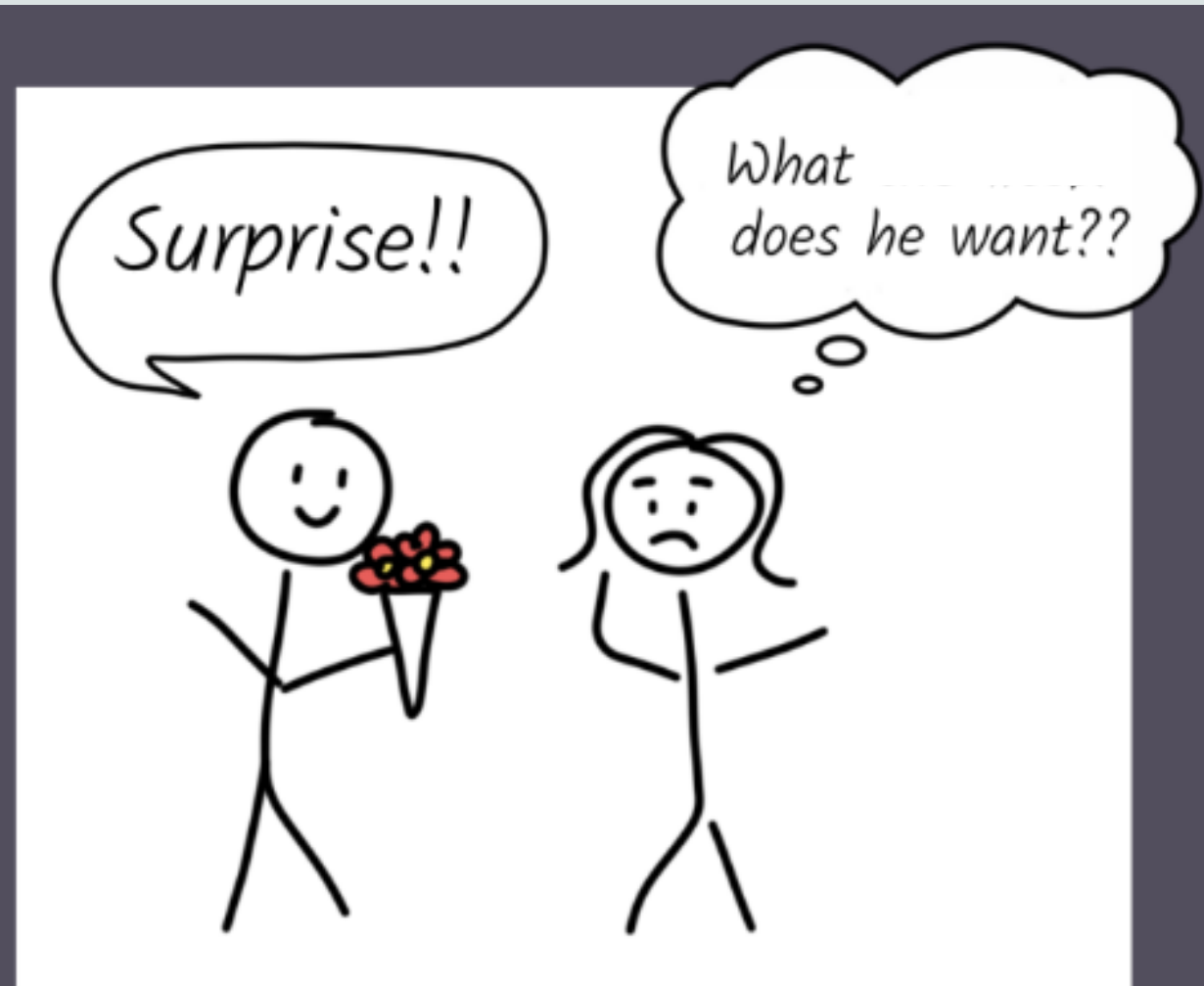
Positive Sentiment Override

"THIS IDEA REFERS TO VIEWING YOUR PARTNER AND OVERALL RELATIONSHIP THROUGH A POSITIVE PERSPECTIVE. ON THE OTHER HAND, NEGATIVE SENTIMENT OVERRIDE MEANS SEEING YOUR PARTNER AND RELATIONSHIP THROUGH A NEGATIVE LENS."

Sentiment Override



Positive Sentiment Override



Negative Sentiment Override

Magic Ratio

According to Dr. John Gottman's research, the "magic ratio" for successful relationships is a 5:1 ratio of positive interactions to negative interactions during conflict, and a 20:1 ratio outside of conflict:

During conflict

Successful couples have five positive interactions for every one negative interaction.

Outside of conflict

Successful couples have 20 positive interactions for every one



Communication



D&C 88:122

“...let not all be spokesmen at once; but let one speak at a time and let all listen unto his sayings, that when all have spoken that all may be edified of all, and that every man may have an equal privilege.”

GOAL

Discuss a topic in a manner where you both feel understood by each other.

PRINCIPLE

Before you can engage in persuasion, you each must summarize your partner's position to your partner's satisfaction. This is a far deeper process than an Active Listening exercise in that it requires each of you to interview your partner extensively about your partner's position, to ask questions, and to summarize and validate your partner's position.



THE ASSUMPTION OF SIMILARITY

If you find yourself attributing a positive trait to yourself, try to see some of that trait in your partner. If you find yourself attributing a negative trait to your partner, try to see some of that trait in yourself as well.

TAKING NOTES

For the Listener, it is often helpful to take notes to aid in accurately reflecting back to the Speaker your understanding of the Speaker's position.

Speaker Role



- Be Honest
- Don't Persuade, Just Explain
- No Criticism
- "I" Statements instead of "You" Statements
- Talk about Your Thoughts and Your Feelings
- Make Requests Gently

Listener Role



- Postpone Your Agenda
- Hear Their Pain and Their Perspective
- Ask Questions to Understand and Clarify
- Avoid Defensiveness, Minimizing, and Put-downs
- Summarize
- Validate

Speaker & Listener Role Specifics





Practical Tools



The Family Proclamation

“Successful marriages...are established and maintained on principles of faith, prayer, repentance, forgiveness, respect, love, compassion, work, and wholesome recreational activities.”

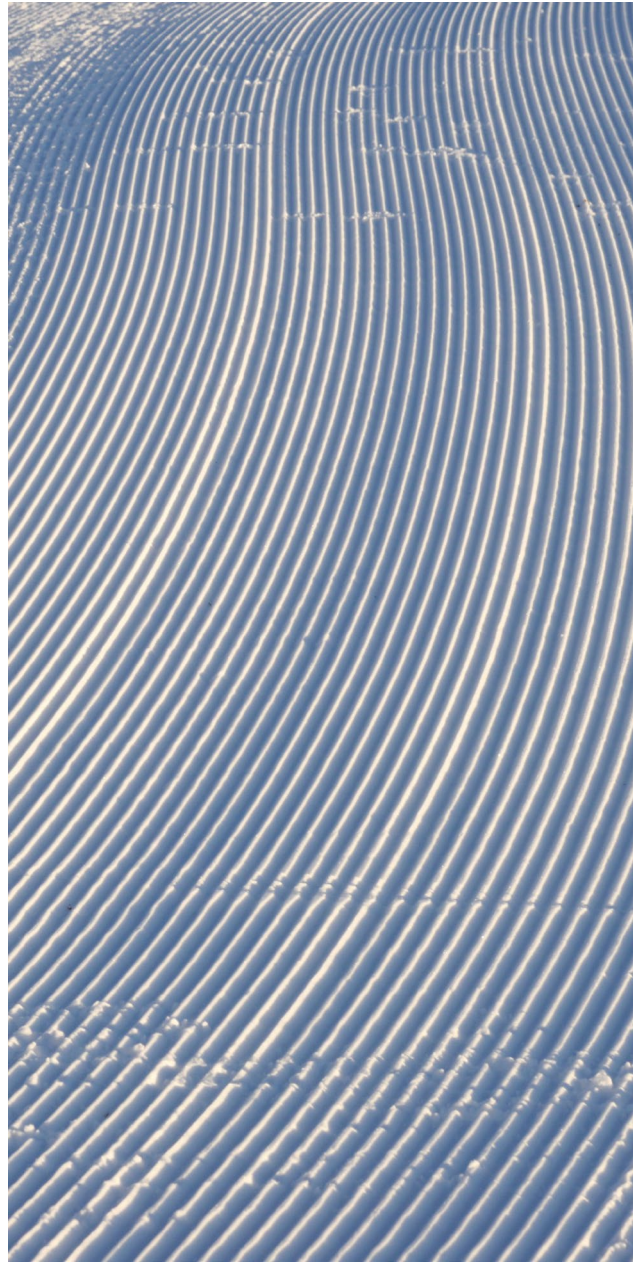
Relationship Quiz



Relationship Quiz: How Well Do You Know Your Partner?

Test Your Knowledge About Your Partner

1 → First question. Can you name your partner's best friends?*




Relationship Quiz QR





Marriage Minute


Here are five common communication failures that you and your partner should avoid:

1. Not listening
 2. Thinking about what you're going to say next
 3. Interrupting
 4. Focusing on being right / winning
 5. Assuming
- 



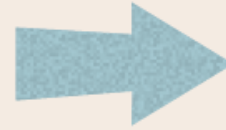
Marriage Minute

Here is a list of many types of repair attempts:

- I am getting overwhelmed
 - Please say that more gently
 - I just need this to be calmer right now
 - I need a do-over. Can we start again?
 - Can I take that back?
 - I need your support right now
 - Can we take a break?
 - [Silly grin]
- 

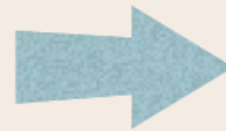
Marriage Minute

CRITICISM



Use Gentle
Start Up

DEFENSIVENESS



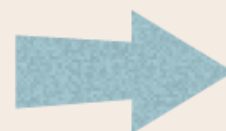
Take
Responsibility

CONTEMPT

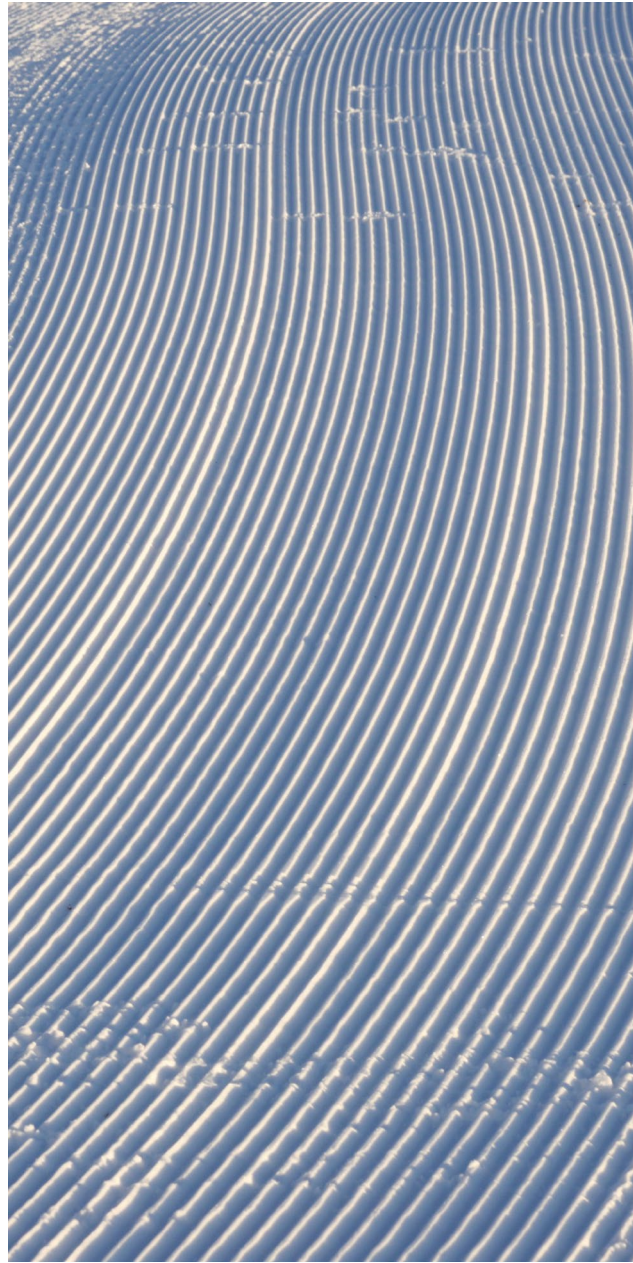


Describe Your Own
Feelings And Needs
DONT DESCRIBE YOUR PARTNER

STONEWALLING



Do Physiological
Self-Soothing



Marriage Minute QR



12 Myths QR





Thank you
