# Connected Couples, Connected Families Within My Reach

Within My Reach Week by Week



## The State of Relationships Today

Take time to consider your views on relationships and discuss how adult relationships affect other areas of life.

# Healthy Relationships & Sliding Versus Deciding

You'll begin to learn more about what healthy relationships look like and then learn how to make more clear decisions in your relationships.

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## **Smart Love & Knowing Yourself First**

Learn more about making good decisions in relationships, the seven principals of smart love, and understand more about who you are and how your background has helped shape you.

# Making Your Own Decisions & Dangerous Patterns in Relationships

Explore your expectations of relationships, whether they are realistic or not, and how to deal with expectations in relationships. Then identify four major communication challenges.

# Where Conflict Begins & Smart Communication

Learn how to deal with situations when big feelings come up and learn skills to deal with major communication challenges.

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## Speaker Listener Technique

Learn and practice a technique to help minimize communication challenges and learn how to talk about issues more respectfully.

### Infidelity, Distrust, and Forgiveness

Identify what behaviors you're willing to tolerate from your partner and what standards you'll hold yourself to in relationships.

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# Commitment: Why it Matters to Adults & Children

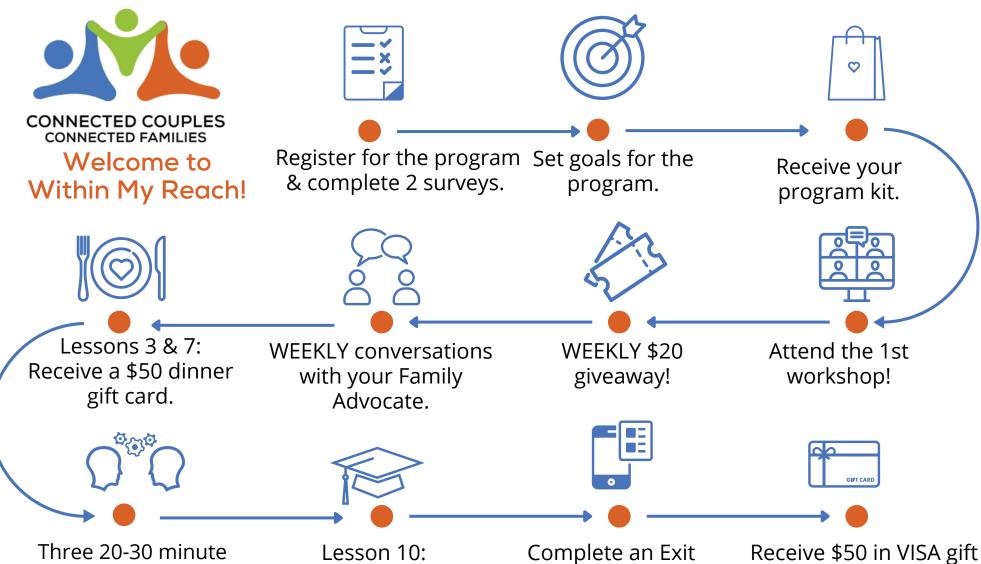
Understand the two types of commitment in relationships and consider what sacrifices you're willing to make for others.

#### Facilitator's Choice

Facilitators will choose one of two lesson options, depending on group preferences.

## Reaching Into Your Future

Revisit the vision you made for yourself at the beginning of the program and decide on concrete steps to make that vision happen.



Three 20-30 minute coaching sessions with a Family Advocate.

Lesson 10: Congratulations! You reached your goal!

Complete an Exit Survey.

Receive \$50 in VISA gift cards for completing the program!

