

FIVE CORE RELATIONSHIP SKILLS

*Healthy relationships are not built from a single skill.
They grow through the repeated practice of a few
essential abilities.*

As you continue through this workbook, you will notice the same themes appearing again and again. This is intentional.

Strong relationships are not built through perfect communication or the absence of conflict. They are built through a collection of skills that help couples understand each other, navigate challenges, and reconnect when difficulties arise.

The following five skill areas form the foundation of the work ahead.



1

COMMUNICATION

Learning how to express yourself clearly and listen with understanding.

2

EMOTIONAL ATTUNEMENT

Recognizing, validating, and responding to your partner's emotional experience.

3

REGULATION

Managing emotions effectively so conflict does not become overwhelming or destructive.

4

PERSPECTIVE

Challenging negative assumptions and maintaining a balanced view of your partner and relationship.

5

NEEDS & EXPECTATIONS

Understanding the deeper needs, wants, hopes, and expectations that exist beneath thoughts and feelings.

REFLECTION

Which of these five skills feels strongest in our relationship?

Which skill would most benefit from growth right now?

CLOSING THOUGHT

Growth begins when awareness turns into practice.

