

FIVE SKILL AREAS FOR RELATIONSHIP GROWTH

Lasting relationships are strengthened through a small number of learnable skills practiced consistently over time.

As you move through this workbook, you will notice that many exercises and conversations connect back to five core areas.

These skills form the foundation of healthy relationships. While each area is important on its own, they work best together.

Growth occurs when couples practice these skills repeatedly, not perfectly.

1.

UNDERSTANDING

Learning your partner's inner world, needs, sensitivities, and expectations.

2.

COMMUNICATION

Expressing yourself clearly while listening with openness and curiosity.

3.

REGULATION

Managing emotions in ways that prevent escalation and create space for reflection.

4.

PERSPECTIVE

Challenging negative assumptions and developing a more balanced view of yourself, your partner, and your relationship.

5.

NEEDS & EXPECTATIONS

Recognizing what lies beneath thoughts and emotions and learning to communicate those needs effectively.



REFLECTION

As you read these five areas, which feels like your greatest strength?

Which area would most improve your relationship if it became stronger?



CLOSING THOUGHT

*Relationships rarely improve because couples discover a secret.
They improve because they consistently practice a few important skills.*

