

# Three Essentials of a Couples' Primary Coping System

- **Commitment** to ongoing growth and change
- **Good communication** skills
- Ability to deal creatively with inevitable **conflict** and anger in marriage

# Factor Associated with Fragile Families Moving Toward *Marriage* from Carlson, McLanahan, & England

- Marriage more likely if fathers are rated as “**more supportive**” by mothers in these ways:
  - Father more fair and willing to compromise
  - Father expresses affection
  - Father less insulting or critical
  - Father encourages mother to do things that are important to her

## Healthy Marriage/Relationships include these elements:

- Commitment of the couple
- Communication
- Conflict resolution
- Satisfaction
- Lack of domestic violence
- Fidelity
- Interaction/time together
- Intimacy/emotional support
- Commitment to the children
- Duration/legal marital status

# Marriage Education Programs

## **PREP** (Prevention and Relationship Enhancement Program)

### ■ Lowering Risk

- Interaction Danger Signs
- Communication Theory
- Key Issues and Conflict Management
- Problem Solving
- Expectation Clarification
- Forgiveness—making it happen

### ■ Raising Protection

- Commitment, Priorities, and Sacrifice
- Preserving Friendship
- Keeping Fun Alive
- Sensuality and Sexuality
- Spiritual and Religions Intimacy
- Core Belief Exploration

# Marriage Education Programs

## PAIRS (Practical Application of Intimate Relationship Skills)

### ■ Daily Temperature Reading

- Appreciations
- New Information
- Puzzles
- Complaint with Request for Change
- Wishes, Hopes and Dreams



The image shows two cards from the PAIRS program. The top card is titled "PAIRS DAILY TEMPERATURE READING with appreciation to Virginia Satir" and lists five categories: 1. APPRECIATIONS, 2. NEW INFORMATION, 3. PUZZLES, 4. COMPLAINT WITH REQUESTS FOR CHANGE, and 5. WISHES, HOPES AND DREAMS. It includes a checkmark icon and copyright information for PAIRS Foundation, Inc. The bottom card is titled "PAIRS DIALOGUE GUIDE" and features a circular diagram with 16 segments, each containing a phrase for dialogue. The phrases are: I NOTICE... (behavior), I ASSUME THIS MEANS..., I WONDER..., I SUSPECT... (about you), I BELIEVE... (for me), I REGRET..., I AM HURT BY..., I AM PUZZLED BY..., I AM FRUSTRATED BY..., I AM AFRAID OF... (based on past experience), I REGRET..., I AM HAPPIER WHEN..., I WANT... (specific requests), I AM FRUSTRATED BY..., I EXPECT... (this will help us by), I APPRECIATE..., I REALIZE..., I HOPE..., and I NOTICE... (behavior). It also includes copyright information for PAIRS Foundation, Inc.

**PAIRS DAILY TEMPERATURE READING**  
with appreciation to Virginia Satir

1. APPRECIATIONS
2. NEW INFORMATION
3. PUZZLES
4. COMPLAINT WITH REQUESTS FOR CHANGE
5. WISHES, HOPES AND DREAMS

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**PAIRS DIALOGUE GUIDE**

I NOTICE... (behavior)  
I ASSUME THIS MEANS...  
I WONDER...  
I SUSPECT... (about you)  
I BELIEVE... (for me)  
I REGRET...  
I AM HURT BY...  
I AM PUZZLED BY...  
I AM FRUSTRATED BY...  
I AM AFRAID OF... (based on past experience)  
I REGRET...  
I AM HAPPIER WHEN...  
I WANT... (specific requests)  
I AM FRUSTRATED BY...  
I EXPECT... (this will help us by)  
I APPRECIATE...  
I REALIZE...  
I HOPE...  
I NOTICE... (behavior)

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# Marriage Education Programs

## RE (Relationship Enhancement)

### ■ Showing Understanding

1. Listen in a way that shows you are interested
2. Put yourself in your partner's place
3. Retell what you heard your partner say
4. Don't ask questions, give advice, or give sympathy
5. Accept and make corrections graciously

# 50 ways to love your lover

- [acf.hhs.gov/healthymarriage](http://acf.hhs.gov/healthymarriage)
- [smartmarriages.com](http://smartmarriages.com)
- [firstthings.org](http://firstthings.org)
- [clasp.org](http://clasp.org)
- [okmarriage.org](http://okmarriage.org)
- [familiesnorthwest.org](http://familiesnorthwest.org)
- [utahmarriage.org](http://utahmarriage.org)
- [ocmarriage.org](http://ocmarriage.org)
- [center.americanvalues.org](http://center.americanvalues.org)
- [bettermarriages.org](http://bettermarriages.org)
- [aahmi.org](http://aahmi.org)
- [blackmarriageday.org](http://blackmarriageday.org)
- [marriagesavers.org](http://marriagesavers.org)
- [dss.state.la.us/documents//OFS/Pages\\_1-16\\_Marriage\\_matters.pdf](http://dss.state.la.us/documents//OFS/Pages_1-16_Marriage_matters.pdf)
- [marriage.rutgers.edu](http://marriage.rutgers.edu)
- [divorcebusting.com](http://divorcebusting.com)
- [compassionpower.com](http://compassionpower.com)
- [nojerks.com](http://nojerks.com)
- [poweroftwo.org](http://poweroftwo.org)
- [engagedencounter.org](http://engagedencounter.org)
- [marriage-encounter.org](http://marriage-encounter.org)
- [wwme.org](http://wwme.org)
- [retrouvaille.org](http://retrouvaille.org)
- [marriagealive.com](http://marriagealive.com)
- [nameonline.net](http://nameonline.net)
- [buildingstrongfamilies.info](http://buildingstrongfamilies.info)
- [prepinc.com](http://prepinc.com)
- [nire.org](http://nire.org)
- [pairs.com](http://pairs.com)
- [couplecommunication.com](http://couplecommunication.com)
- [becomingparents.com](http://becomingparents.com)
- [familywellness.com](http://familywellness.com)
- [childtrends.org](http://childtrends.org)
- [activerelationships.com](http://activerelationships.com)
- [cshmi.org](http://cshmi.org)
- [healthymarriagegr.org](http://healthymarriagegr.org)
- [buildingrelationshipskills.org](http://buildingrelationshipskills.org)
- [acf.hhs.gov/programs/orr/programs/marrigeegrants.htm](http://acf.hhs.gov/programs/orr/programs/marrigeegrants.htm)
- [foccusinc.com](http://foccusinc.com)
- [relate-institute.org](http://relate-institute.org)
- [lifeinnovations.com](http://lifeinnovations.com)
- [fambooks.com](http://fambooks.com)
- [gottman.com](http://gottman.com)
- [marriagebuilders.com](http://marriagebuilders.com)
- [aces.edu/users/adlerfm/marriage.htm](http://aces.edu/users/adlerfm/marriage.htm)
- [citnews.unl.edu/marriage/](http://citnews.unl.edu/marriage/)
- [ozarksmarriagematters.org](http://ozarksmarriagematters.org)
- [marriage.about.com](http://marriage.about.com)
- [marriagemagazine.org](http://marriagemagazine.org)
- [fragilefamilies.princeton.edu/](http://fragilefamilies.princeton.edu/)
- [healthymarriageinfo.org](http://healthymarriageinfo.org)