

H4-1 Building Strong Relationships

Building a Stronger Couple Relationship

1. Give one or two compliments to your partner each day.
2. Do a daily dialogue for 5 minutes each day about your relationship.
3. Have a weekly meeting for about 15 minutes with your partner and discuss one to two issues and one to two strengths of your relationship.
4. One night a week, have a date with each other, just as you did before marriage.
5. Be assertive—ask for what you want—so your partner does not have to guess.
6. Share feelings with each other and remember to listen, listen, and listen.
7. Resolve issues as soon as possible.
8. If a problem persists for 2 to 3 months, take special steps to resolve the conflict.
9. If you are unable to resolve your conflict, seek professional counseling.
10. At least once a year, try to attend a workshop to enrich your marriage.

Building a Stronger Family

1. Give at least one compliment to each family member each day.
2. Do a daily dialogue for 5 to 10 minutes each day about what is happening with each family member.
3. Try to have your family meal together with everyone present.
4. Have a weekly family meeting for about 30 to 45 minutes with all family members attending. Each member should say one thing they like about the family and one issue they have with their family that everyone will work on during the session.
5. Give top priority to your marriage.
6. Be assertive like your children are with you.
7. Remember to listen, listen, and listen.
8. Spend 1 hour of quality time each week with each child (one on one).
9. If a problem persists, bring it to the family meeting and take special steps to resolve the conflict.
10. If a parenting problem lasts for 2 to 3 months, seek out professional help from a family therapist.

SOURCE: Olson, D. H., and J. DeFrain. 2006. *Marriages and Families: Intimacy, Diversity, and Strengths*, 4th ed. New York: McGraw-Hill. Used with permission of the McGraw-Hill Companies, Inc.