

# EFFECTIVE COMMUNICATION FOR COUPLES

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## ◆ Understand Yourself And Your Partner Better

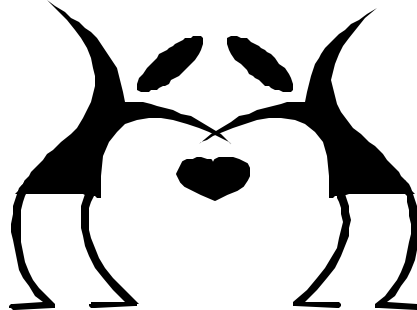
- Are you arguing over trivial things?(problem)
- Learn techniques to actively listen and ask questions, etc.(solution)

## ◆ Feel Better About Your Communication and Relationship

- Do you feel your partner doesn't understand you?(problem)
- Practice skills learned and put into everyday situations.(solution)

## ◆ Choose Together In Private The Issues You Feel Are Important To Work On

- Strengthen the foundation of your relationship by practicing the learned communication skills together.



## ◆ Choose Together In Private The Issues You Feel Are Important To Work On

**For Dates, Times and Details,  
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