



# Relationship Revolution



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# Relationship Revolution

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## TABLE OF CONTENTS

### SESSION 1

Your Blueprint

### SESSION 2

Your Intimacy

### SESSION 3

Your Security

### SESSION 4

Your Contentment

### SESSION 5

Your Maturity

### SESSION 6

Your Outlook

# Relationship Revolution

## INSTRUCTIONAL GUIDE

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### BACKGROUND

The Relationship Revolution program has been developed by a team of experts in Clinical Psychology from a Biblical worldview. In addition to theological insights and ancient Jewish customs, instructional concepts on relational intimacy, security, contentment, maturity and outlook, are based on empirical research across diverse academic disciplines. The strategies presented in this program have been tested with married couples in both experimental and clinical settings and have been embraced by Christian communities around the world.

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### GETTING STARTED

The Relationship Revolution program is intended for completion by Christian married couples. Research suggests that learning is best consolidated through 'talking'. As such, after watching video sessions together, it's recommended you also talk through and complete relevant workbook activities together. Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons on marriage empowerment.

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# Your Blueprint

## ACTIVITY SHEET



Marriage has the capacity to be the most meaningful relationship you could ever experience. However, when not well nurtured, cherished and protected, distressed marriages can leave hearts broken and families fractured. For this reason, wise couples not only identify and address their vulnerabilities, but also endeavour to learn the key factors that strengthen the bonds that tie.



### **PROGRAM DESIGN AND OBJECTIVES SUMMARY**

**The Relationship Revolution program is designed to help you:**

- (a)** understand what's required to make a marriage thrive
- (b)** identify areas for potential improvement and personal growth
- (c)** develop core foundational skills

# Viva la Revolución

Whether you believe your marital connection is quite okay or on the verge of dropping out, every marriage can benefit from a stronger personal connection. Just like our smart phones, from time to time, marriages experience communication dead spots and an inability to download or offload our emotional data! For this reason, the Relationship Revolution program was developed. This workbook will equip you with practical information and insights, as well as invite you to answer questions, participate in activities and complete exercises - all to deepen your understanding of relational dynamics.



**SNAPSHOT:** To maximise your benefit from participating in this program, let's take a quick snapshot of your current status, motivation and objectives. Rate your current level of functioning (from 1 - 3) in each key relational domain?

**1 = Poor functioning; 2 = Moderate functioning; 3 = Healthy functioning**

INTIMACY		SECURITY		CONTENTMENT	
MATURITY		FUTURE OUTLOOK		OVERALL	



# Connection

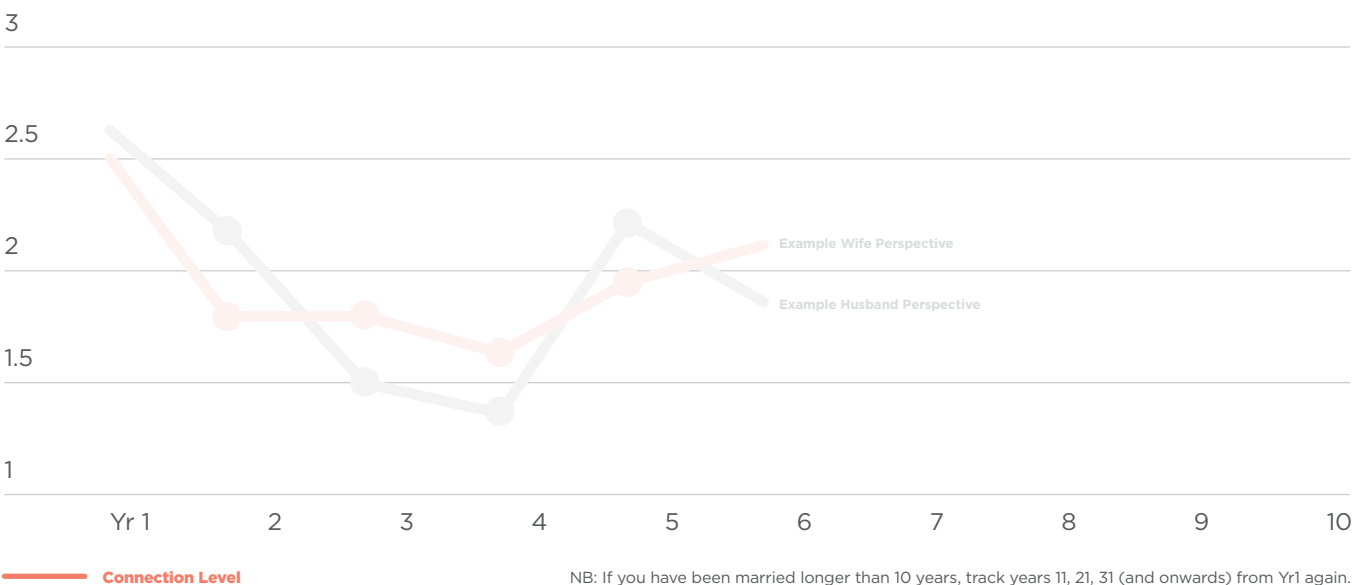
Just as your smart-phone connection strength fluctuates as you travel, the strength of your connection tends to vary over the course of a relationship. It often starts strong, hits a few dropout spots, then either (a) gradually builds to establish a healthy baseline, or (b) slowly sinks until connection seems impossible.

It's difficult to precisely recall your level of connection year on year, however, when you plot major events during your marriage, it's easier to recall how close you felt to one another during that period. Working together, use the event guide below and mark any major milestones that occurred during the course of your marriage. In response, roughly sketch how your connection levels may have varied from year to year.



	Year		Year
Conceived a child		Major illness	
Bought a new home		Moved cities/countries	
Lost a loved one		Graduation	
Family Adventure/Holiday		Financial crisis	
Personal betrayal		Significant birthday/anniversary	

**1 = Poor connection; 2 = Moderate connection; 3 = Healthy connection**



# Discussion Time

Research has identified that focussing on the good times and highlighting the positives that came from the difficult times can build a stronger sense of “us against the world.”



**Choose one of your peak periods of closeness and identify one memory from that time:**

**Q:** What made you feel close and connected?

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**Q:** What did you admire/appreciate about your spouse at that time?

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**Q:** What stood out about your friendship at that time?

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**Choose one tougher period that you successfully navigated:**

**Q:** What helped you get through?

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**Q:** What did you admire and appreciate about your spouse during that period?

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**Q:** How did you grow from that experience?

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**IN GOD'S ECONOMY, LOVE  
STARTS WITH SACRIFICE  
AND COMMITMENT, NOT JUST  
FEELINGS AND ROMANCE.**







**What do you believe might be your relationships greatest **STRENGTHS**?**

	✓		✓		✓
Gentleness	<input type="checkbox"/>	Compassion	<input type="checkbox"/>	Mutual empathy	<input type="checkbox"/>
Mutual Trust	<input type="checkbox"/>	Mutual faith	<input type="checkbox"/>	Understanding	<input type="checkbox"/>
Fun and laughter	<input type="checkbox"/>	Acceptance and grace	<input type="checkbox"/>	Committed prayer life	<input type="checkbox"/>
Flexibility	<input type="checkbox"/>	Respect and honour	<input type="checkbox"/>	Optimism	<input type="checkbox"/>
Friendship	<input type="checkbox"/>	Time with each other	<input type="checkbox"/>	Loyalty	<input type="checkbox"/>
Kindness & consideration	<input type="checkbox"/>	Unwavering honesty	<input type="checkbox"/>	Quick to forgive	<input type="checkbox"/>
Affection and edification	<input type="checkbox"/>	Effective communication	<input type="checkbox"/>	Appreciation	<input type="checkbox"/>



**What do you believe might be your relationship's greatest **VULNERABILITIES**?**

	✓		✓		✓
Frequent conflict	<input type="checkbox"/>	Inconsiderate	<input type="checkbox"/>	Lack of appreciation	<input type="checkbox"/>
Mistrust	<input type="checkbox"/>	Disconnected faith	<input type="checkbox"/>	Time poor	<input type="checkbox"/>
Lack of respect / honour	<input type="checkbox"/>	Unfaithfulness	<input type="checkbox"/>	Personality clash	<input type="checkbox"/>
Inflexibility	<input type="checkbox"/>	Hostility	<input type="checkbox"/>	Poor communication	<input type="checkbox"/>
Little compassion	<input type="checkbox"/>	Dishonesty	<input type="checkbox"/>	Busyness	<input type="checkbox"/>
Mean spirited	<input type="checkbox"/>	Withdrawn affection	<input type="checkbox"/>	Offence	<input type="checkbox"/>
Pessimism	<input type="checkbox"/>	No understanding	<input type="checkbox"/>	Recurrent drama	<input type="checkbox"/>



**Q:** What do you hope to achieve by participating in this Relationship Revolution program?

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In the column below, identify what obstacles may interfere with your ability to complete this program. **Identify the most relevant practical step you could take to prevent, address or overcome any obstruction.**

### Obstacles

Time.  
Distractions.  
Busyness.

Mood.  
Energy Levels.  
Attitude.

Low Motivation.  
Hopelessness.

### Solutions

Set specific goals.  
Build in reward and  
incentives.

Schedule and prioritise time.  
Reduce responsibilities.

Plan a weekend away  
(couples retreat).

## Commitment

Even if the going gets tough at times, do you commit to participating in the Relationship Revolution (through to completion) together with your spouse?

"I do"    "I don't"