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BYU Campus Education Week: August 15–19, 2005  
4:30–5:25 PM 446 Martin Building (MARB)

*“Improving Our Relationships”*

**Tuesday, August 16<sup>th</sup>: Keys to Strengthening Marital Relationships**

- Introduction: Parallel Marriage
  - i. Going from just surviving to thriving!
- The concept of deposits and withdrawals in relationships
  - i. While dating vs. after marriage
  - ii. Building your “trust fund” or heading for “bankruptcy”
  - iii. Reversing a negative trend
- Four cornerstones to a positive and fulfilling marital relationship:
  1. **Communication**
    - a. Active and authentic listening
    - b. A husband’s story
    - c. An expert’s experience
  2. **Forgiveness: The Quicker the Better**
    - “Forgiveness is the attribute of the strong”—Mahatma Gandhi
    - Being unforgiving ultimately comes from a lack of self-forgiveness
  3. **Emotional, Physical, and Spiritual Intimacy**
    - Physical Intimacy
      - i. President Spencer W. Kimball’s teachings regarding physical intimacy (see Teachings of Spencer W. Kimball, p. 312)
      - ii. Communicating expectations
    - Emotional Intimacy
      - i. What makes you feel the most loved?
        - a. Stepping outside your comfort zone to help your spouse
      - ii. Nurturing love and friendship in marriage
      - iii. Friday night is date night!
      - iv. True partnership
    - Spiritual Intimacy
      - i. Couple scripture study and prayer
      - ii. Importance of our Patriarchal Blessings
      - iii. Discussing spiritual matters
  4. **Finances**
    - i. Elder Joe J. Christensen’s definition of happiness and misery (see Joe J. Christensen, “Marriage and the Great Plan of Happiness,” Ensign, May 1995).
    - ii. Three keys to success
- Final thoughts:
  - i. Pray for the success of your marriage

**Wednesday, August 17<sup>th</sup>:**

**What Do You Need to Know *Before* You Get Married?**

- The 4 cornerstones to a successful start:
  - i. Communication
  - ii. Finances: Making mutual decisions
    - 1. Three keys to success
    - 2. Postpone some purchases
  - iii. Spiritual Beliefs
    - 1. What joins and/or divides you?
  - iv. Emotional, Spiritual, and Physical Intimacy
- The benefits of pre-marital “coaching”:
  - i. Recognizing the importance of expectations
  - ii. Recognizing the importance of being “equally yoked”
    - 1. Story regarding the new *Survivor* show
  - iii. Coordinating together on daily tasks
    - 1. Defining responsibilities
    - 2. Go with your strengths and likes

**Thursday, August 18<sup>th</sup>:**

**Creating Positive and Fulfilling Relationships with Family, Friends and Co-Workers**

- Improving Relationships with Friends, Roommates, Siblings, Parents, Children, & Co-Workers
- Four Red Flags and How to Avoid Them
  - i. Selfishness and pride
  - ii. Unrighteous dominion or control (D&C 121:39)
  - iii. Constant criticisms
  - iv. Lack of forgiveness
- Four Keys to Success:
  - i. Active and authentic listening
  - ii. Forgiveness—the quicker the better
  - iii. Trust—no relationship can survive without it!
  - iv. The Love Deposits—spiritual and emotional

**Friday, August 19<sup>th</sup>:**

**How to Attract and Experience More Joyful Relationships (For Singles):**

- Become the most attractive person you can be
  - i. Spiritually and emotionally
- Becoming comfortable with our imperfections
  - i. Self criticism or Opportunity for growth?
- Optimist vs. Pessimist
  - i. Which is more attractive?
- Developing an attitude of gratitude
  - i. Daily journal
- Life perspective
  - i. Laugh now or laugh later
- Being of service
  - i. Ask not . . .