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BYU Campus Education Week

“Improving Our Relationships”

Tuesday: Keys to Strengthening Marital Relationships

- Introduction: *Avoiding or Changing from a “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 (*procreation, expression of love, not unrestrained*--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 (*1. Pay the Lord 2. Pay Yourself 3. Pay Your Bills*)
- Final thoughts:
 - i. Pray for the success of your marriage

Wednesday:

What You Need to Know About Relationships *Before* You Get Married

- The 4 cornerstones to a successful start:
 - i. Communication
 - ii. Finances: Making mutual decisions
 1. Three keys to success (*1. Pay the Lord 2. Pay Yourself 3. Pay Your Bills*)
 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”
 - iii. Coordinating together on daily tasks
 1. Defining responsibilities
 2. Go with your strengths and likes

Thursday:

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:

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 . . .