

## **Module 1: Thriving Through Life's Challenges**

### **Overview**

- Understanding resilience in relationships
- Key components: Communication, Support, Adaptability
- Practical strategies for building resilience

### **Practical Strategies**

1. Regular Check-Ins
2. Create a Support System
3. Practice Self-Care Together
4. Embrace Change

### **Case Study: Sarah and James**

Meet Sarah and James. A few years ago, James lost his job unexpectedly. This sudden change put a lot of financial and emotional stress on their relationship. However, instead of letting it drive them apart, they used it as an opportunity to grow closer.

They established regular check-ins to discuss their feelings and plan their next steps. They reached out to their support system of friends and family, and they made a conscious effort to practice self-care together, going for walks and meditating.

James eventually found a new job, but their relationship had already transformed. They learned to communicate better, support each other, and adapt to new circumstances. Today, they are more

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resilient and connected than ever.

### Reflection Exercise Instructions

1. Identify a recent challenge you faced together.
2. Reflect on your communication during this time.
3. Discuss the support you provided each other.
4. Consider how you adapted to the change.
5. Identify areas for improvement.

### Additional Tools and Exercises

#### Weekly Check-In Template:

Date	What Went Well?	Challenges Faced	Support Needed	Goals

#### Self-Care Activity Planner:

Activity	Scheduled Date	Reflections

#### Support System Mapping Worksheet:

Person's Name	Type of Support	How to Utilize

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### Communication Skills Practice:

#### - Active Listening Exercise:

- Partner 1 shares for 5 minutes about a recent experience.
- Partner 2 listens without interrupting, then summarizes what they heard.
- Switch roles.

#### - Using 'I' Statements:

- Practice using the format: 'I feel [emotion] when [situation] because [reason]. What I need is [need].'
- Example: 'I feel stressed when we do not plan our week because I like to know what is coming up. What I need is for us to have a planning session every Sunday.'

### Adaptability Journal Prompts:

- What was the unexpected change we faced?
- How did we respond to it?
- What strategies helped us adapt?
- What did we learn from this experience?
- How can we apply these lessons to future challenges?

### Links to Additional Resources

#### Books:

- 'The Seven Principles for Making Marriage Work' by John Gottman and Nan Silver

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- 'Hold Me Tight: Seven Conversations for a Lifetime of Love' by Dr. Sue Johnson
- 'Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness' by Dr. Rick Hanson

### **Articles:**

[Building Resilience in Your Relationship](#)

[How to Support Your Partner Through Tough Times](#)

[The Importance of Self-Care in Relationships](#)

### **Videos:**

[TED Talk: The Power of Vulnerability by Brene Brown](#)

[Conflict Resolution Skills: Building the Skills That Can Turn Conflicts into Opportunities](#)

[How to Practice Active Listening](#)