



# Couples Communication II

**WHO:** To participate in this event, couples **MUST** have completed **Couples Communication I**.

Service Member and spouse (Must be currently married). Child care will be provided for children 12 and under.

Parents may choose to bring children older than 12 however, no child care will be provided.

**WHERE & WHEN:** Available at [www.wisconsinmilitary.org/programs/strong-bonds/](http://www.wisconsinmilitary.org/programs/strong-bonds/)

**COST:** IT'S FREE!

**ATTIRE:** Business Casual

## **DETAILS:**

**COUPLE COMMUNICATION II** builds on the skills and tools introduced in **COUPLE COMMUNICATION I** as you continue to create a healthy, happy, and fulfilling marriage. It includes: The Skills Zone — guidelines for:

- Staying skilled regardless of what the other person does
- Applying a “collaborative operating system” in important conversations

Managing My Anger — with ways for:

- Recognizing 4 unhealthy expressions of anger
- Using a healthy process for putting anger to work constructively

Responding to My Partner's Anger — with cues for:

- Being alert to your own typical reactions to your partner's anger
- De-escalating tension and acting in positive ways for your relationship

Aligning Our Relationship — a map for:

- Exploring our values and goals to set plans for the future

**In COUPLE COMMUNICATION II**, you:

- Develop greater ability to use skills for bridging to one another
- Make more mutually satisfying decisions
- Enjoy deeper intimacy

Build a more committed and confident future together

**Learning Formats and Methods:** You and your partner participate in the following format:

- In a group with an instructor and several other couples (in four sessions)

Enjoy Continued Learning Through:

- Presentations
- Demonstrations
- Practice and Exercises
- Skill and Process Coaching
- Applications

