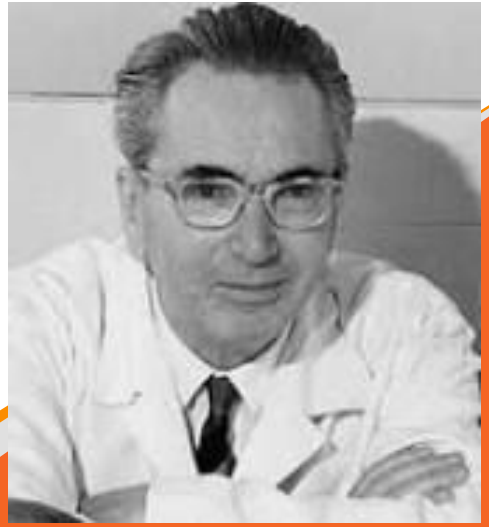
Think Good/ Viktor Frankl Coaching Program

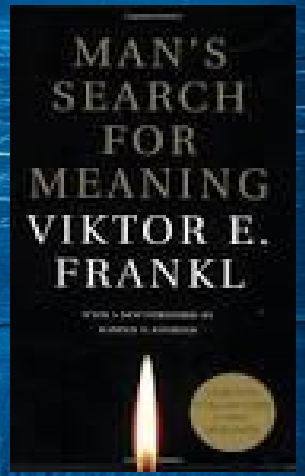
Week 10

With Rabbi Daniel Schonbuch, LMFT



Week 10

- Coaching Couples
- John Gottman - 7 Principles
- Attachment Theory
- Getting Closer Workshop
- Role Play, Q & A

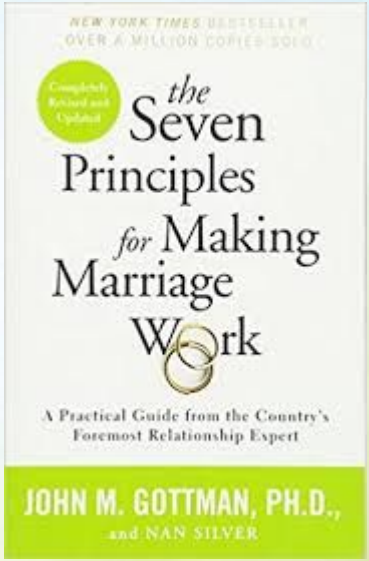


Marital Statistics 2017

- Number of Marriages: 2,140, 272 (49 reporting States and D.C)
- Number of Divorces: 813,862 (45 reporting States and D.C.) (CDC)

What Makes Marriages Work?

John Gottman

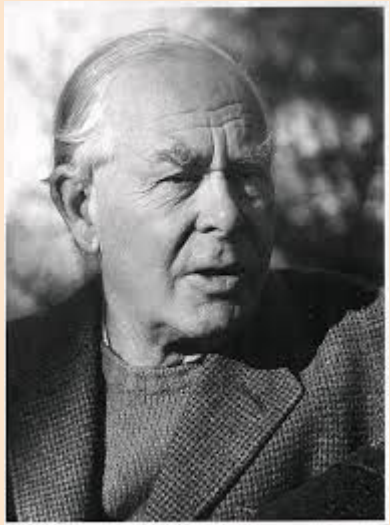


The Love Lab

Avoiding 4 Horsemen

7 Principles for Making Marriage Work

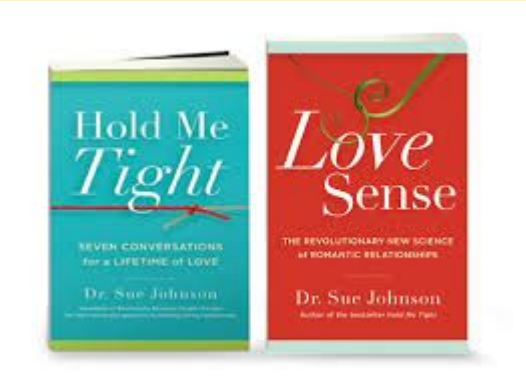
John Bowlby



- He defined attachment as a "lasting psychological connectedness between human beings."
- Childhood, he suggested, played a critical role in the formation of attachments and early experiences could have an impact on the relationships people form later in life.
- Attachments tend to be enduring, meaning they may last a very long time.

Dr. Sue Johnson

Attachment Theory accurately describes the nuclear chemistry of marriage.



3 Styles of Attachment

Secure:

Being warm and loving in marriage comes natu-rally. I enjoy being intimate and don’t get easily upset over relationship matters. I effectively communicate my needs and have the capacity to empathize with my spouse.

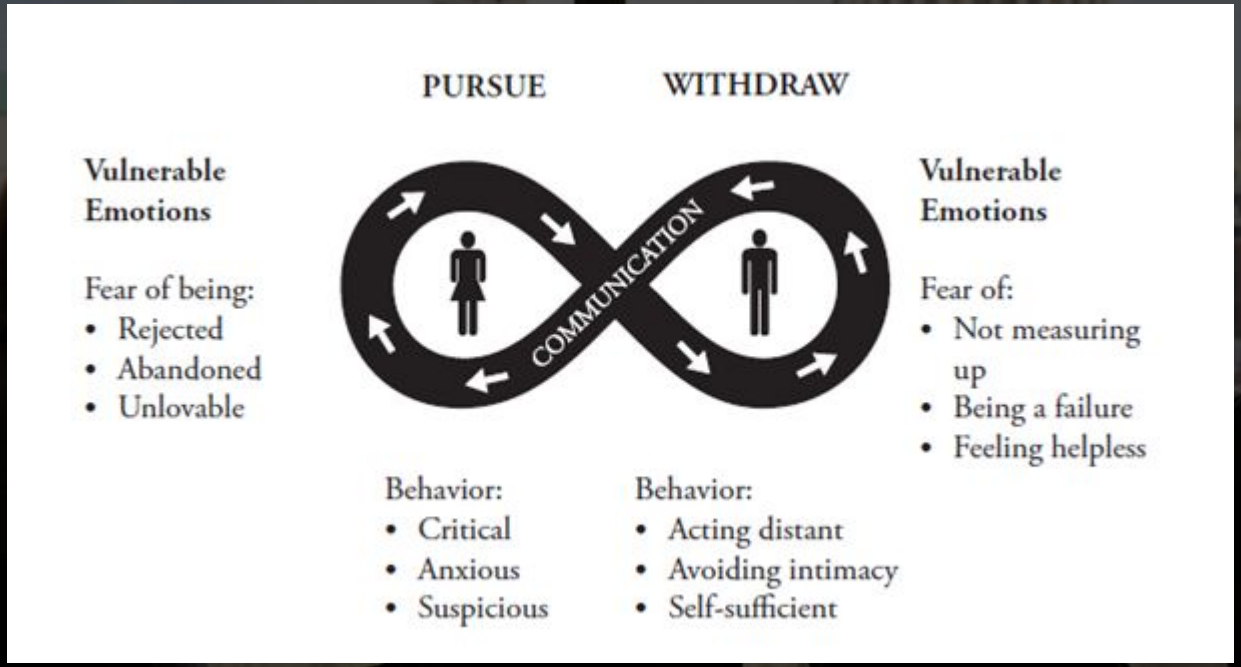
Anxious Attachment

I love being close with my spouse, but I'm often worried he/she doesn't really love me. I experience a lot of negative emotions and get upset easily.

Avoidant Attachment

It is very important for me to maintain my independence and self-sufficiency. I tend to protect my emotions from my spouse and I'm on high alert for any signs of control or impingement on my territory.

The Attachment Dance

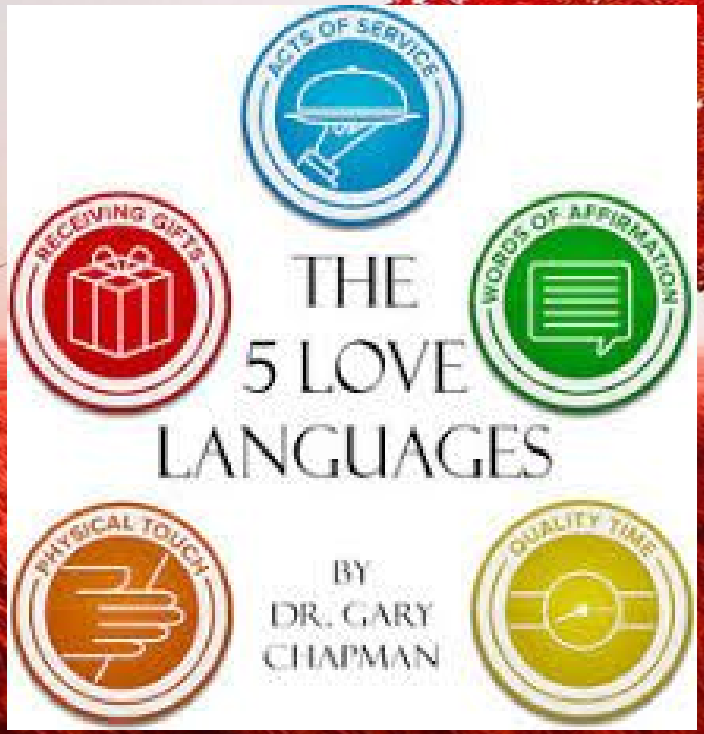


Marriage Therapy

Emotionally Focused Therapy

1. Stage One: De-Escalation of the Couple's Negative Cycle
2. Stage Two: Re-Structuring the Couple's Emotional Bond
3. Stage Three: Consolidation

5 Love Languages



Getting Closer

1. Appreciations
2. Getting to Know One Another
3. Love Languages

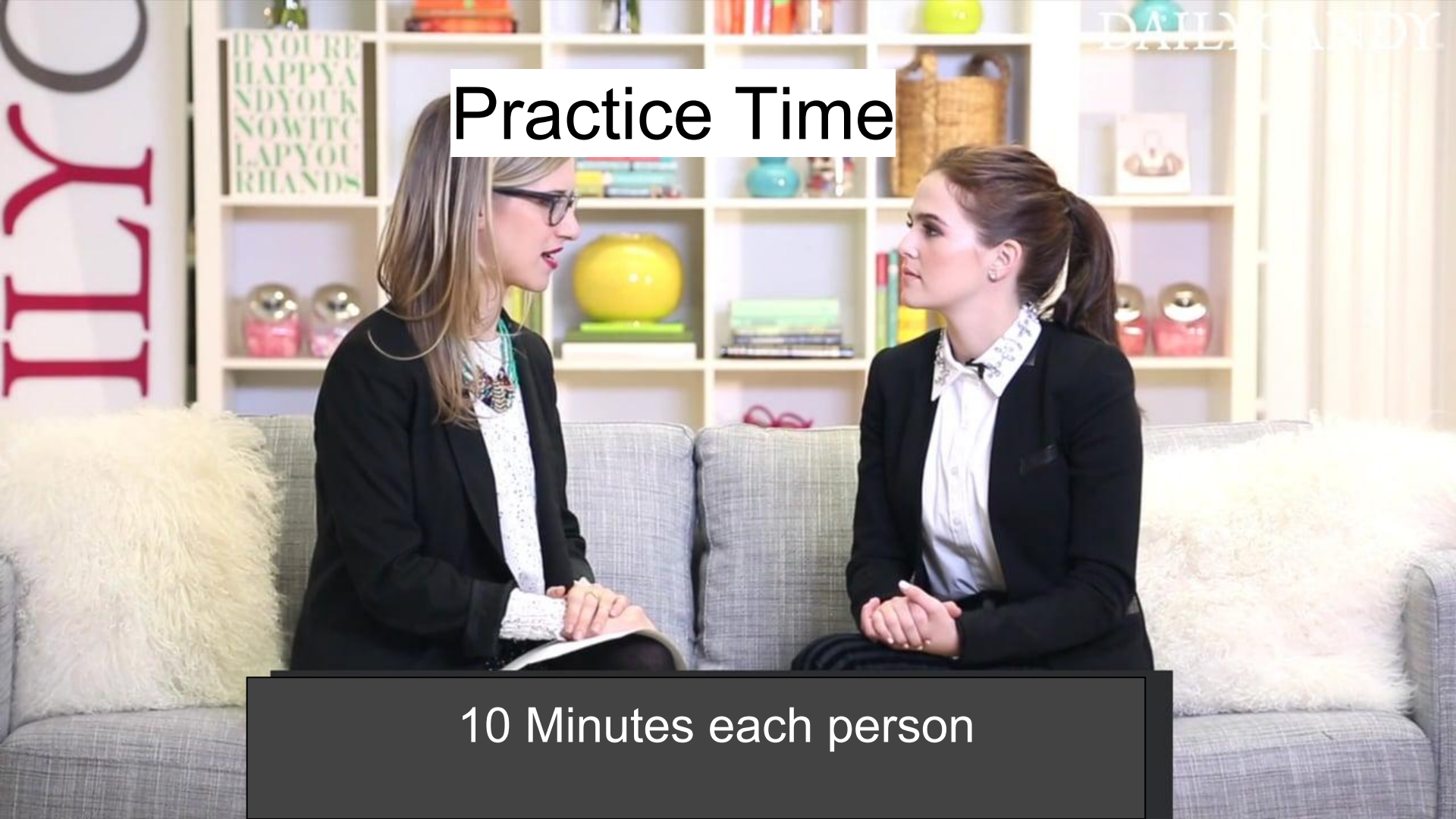
4. Active Listening
5. Understanding Attachment-Style Differences
6. Increasing Intimacy

Workshop Handouts

Other Workshops

- PREP
- PAIRS.com
- Imago

Practice Time



10 Minutes each person