

The Seven Principles for Making Marriage Work

The Seven Principles Workshop for Couples is based on the internationally acclaimed research of Dr. John Gottman. Using *The Seven Principles for Making Marriage Work* (Revised 2015) intertwined with scripture and couple exercises, the workshop is an opportunity for couples to build stronger family ties.

The Seven Principles for Making Marriage Work is the culmination of Dr. John Gottman's life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in its approach, yet profound in its effect, the principles outlined in this book teach partners new and startling strategies for making their marriage work. Dr. Gottman has scientifically analyzed the habits of married couples and established a method of correcting the behavior that puts thousands of marriages on the rocks. He helps couples focus on each other and on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship.

Benefits of Participation:

- Provides structure, motivation, and accountability to work through materials found in 7 Principles book.
- It is encouraging to be with other couples who are also working on improving their relationships.
- It is lighthearted and less threatening than therapy, but may also be a bridge to therapy if needed.
- Helps couples articulate goals, expectations, and time frames for working on their relationship in a positive way.
- Encourages both partners to work on the relationship rather than one partner reading the book alone.
- A great resource for pre-marital couples to learn skills that will enrich their relationship through a lifetime.

The Seven Principles Program is appropriate for:

- Couples contemplating engagement
- Pre-marital couples
- Newlyweds
- Couples married for decades

The Seven Principles Program is inappropriate for:

- Couples in severe relationship distress
- Significant emotional or physical abuse
- Mental health problems
- Relationships where one or both partners are addicted to drugs, alcohol, or other compulsive behavior