

THE WORKBOOK: SESSION 2



ROCK SOLID

MARRIAGE

SESSION 2

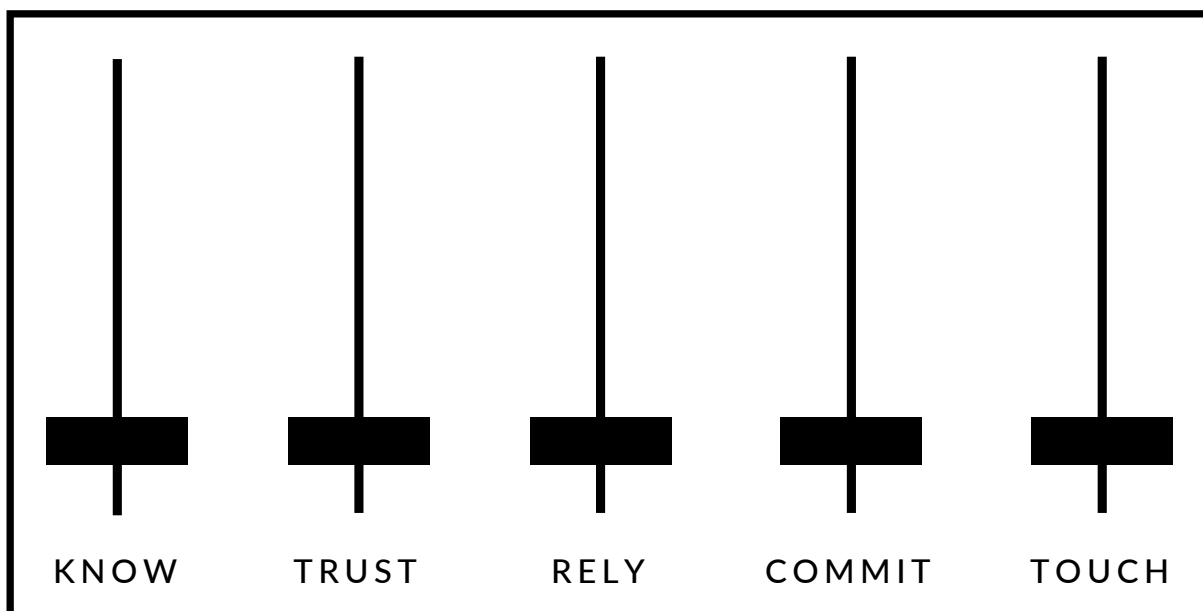
BUILD *a* ROCK SOLID RELATIONSHIP

WHAT IS A RELATIONSHIP?

What is a practical definition of a relationship?

THE RAM

THE RELATIONSHIP ATTACHMENT MODEL



REMEMBER: What you cannot...

You cannot...

What are the three principles of the RAM in your relationship?

1.

2.

3.



EXAMINE *your* **RELATIONSHIP**

Think about your relationship so far. What are some normal things that have messed you up or thrown you out of balance? What did you do as individuals and as a couple to correct this imbalance?

HUDDLES

What are the 5 tasks that are part of each huddle?

1.

2.

3.

4.

5.