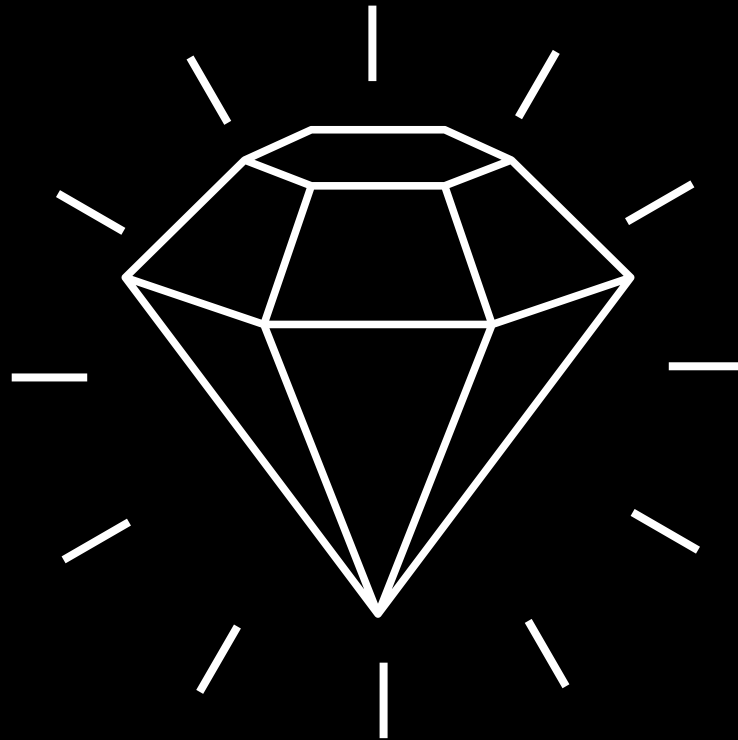


THE WORKBOOK: SESSION 2



**ROCK SOLID**

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MARRIAGE READY

# SESSION 2

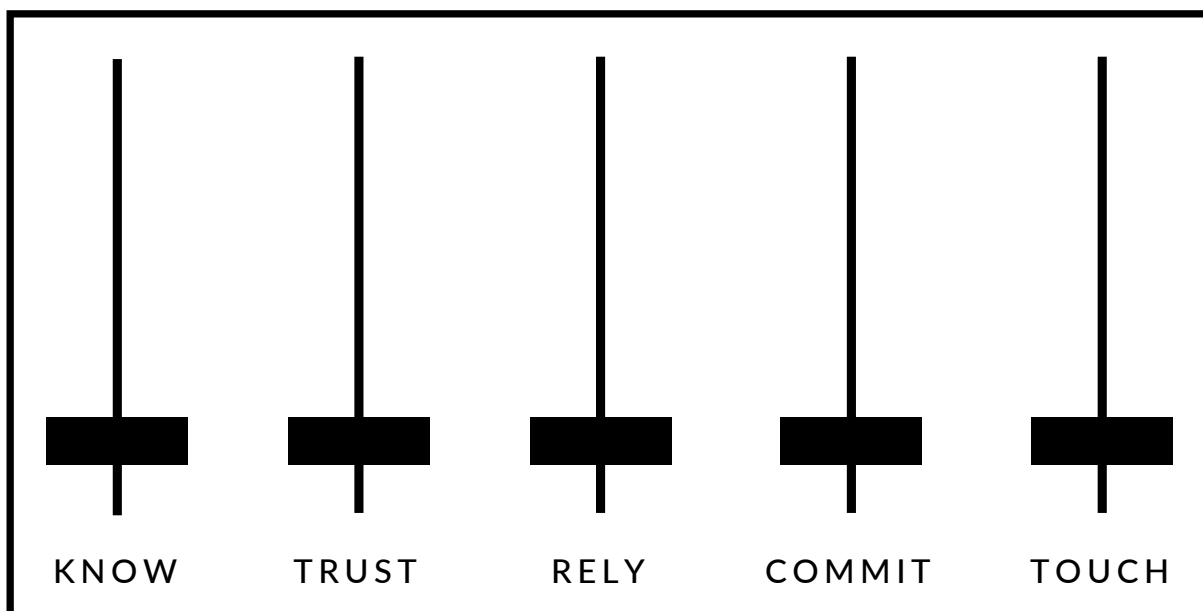
## BUILD *a* ROCK SOLID RELATIONSHIP

### 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.