

ENRICHED RELATIONSHIPS

Growing Connection with Intention

A Relationship Enrichment Seminar - Hosted by Pastor Misty and Pastor Mario



WELCOME

Sessions Overview

Session 1: The Relational Landscape

Session 2: Turning Toward Connection

Then we'll take a 15-minute break

Session 3: Communication That Shapes Connection

Session 4: Repair, Resilience, and Growth



SESSION 1: THE RELATIONAL LANDSCAPE



**WHERE DID YOU
LEARN HOW TO DO
RELATIONSHIPS?**





**ENRICHED
RELATIONSHIPS**





**ENRICHED
RELATIONSHIPS**



TERRITORIAL GROWTH

COLONIAL PERIOD: 1775

- Orange: Western Colonies
- Red: Other British territories

UNITED STATES: 1790-1820

- Orange: States
- White: Unsettled western areas
- Yellow: Territories
- Blue: Foreign possessions
- Green: Claimed lands
- Brown: Foreign claims

1793: Ohio's colonial capital
 1800: Date of initial territorial acquisition
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Compiled by Dr. George Hart, Historical Geography, BGSU
 by the U.S. Geological Survey, 1970



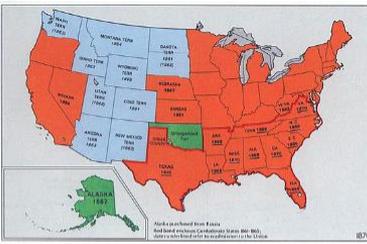
Reaches between Mississippi River and the mouth of the Red River by Indian trails. 1773



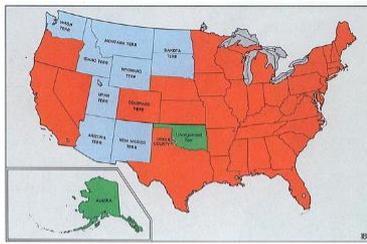
States for the 11 Congress began set on the basis of ratification of the Constitution. 1790



Division of California established on 2 February 1805. 1800



Alaska purchased from Russia. 1810



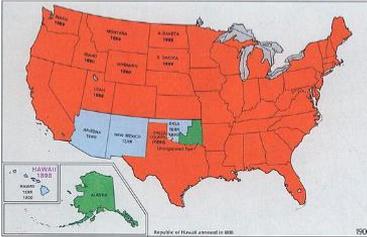
1820



1830



1840



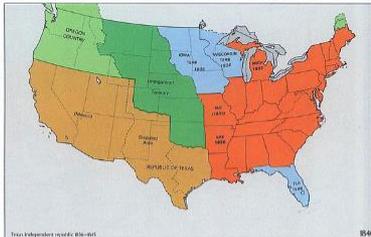
1850



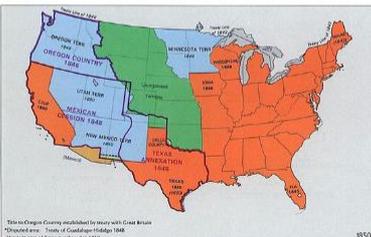
1860



1870



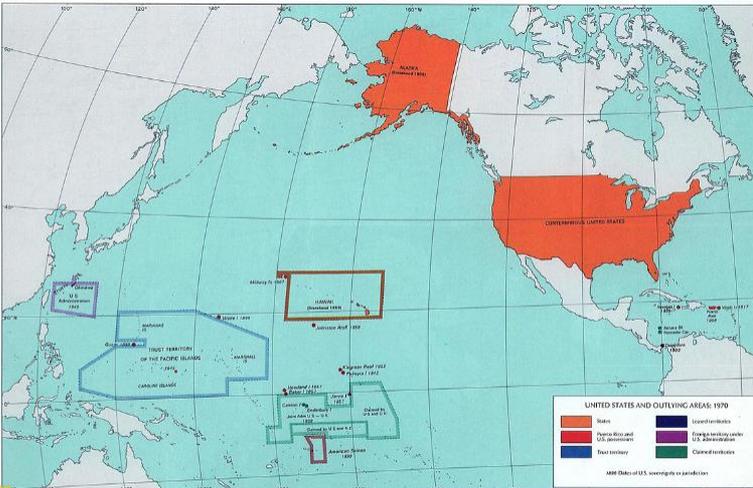
1880



1890



1900



UNITED STATES AND OUTLYING AREAS: 1970

- Orange: States
- White: Unsettled western areas
- Yellow: Territories
- Blue: Foreign possessions
- Green: Claimed lands
- Brown: Foreign claims
- Dark Blue: U.S. possessions
- Light Blue: U.S. territories
- Dark Green: Claimed territories

1888: Date of U.S. sovereignty jurisdiction



COUPLE AND FAMILY MAP

FLEXIBILITY

UNBALANCED
BALANCED
UNBALANCED
LEVELS
UNBALANCED

OVERLY FLEXIBLE

VERY FLEXIBLE

FLEXIBLE

SOMEWHAT FLEXIBLE

INFLEXIBLE

		M-CR		
		F-CR		
F-FO		M-FO		

DIS-
CONNECTED
UNBALANCED

SOMEWHAT
CONNECTED

CONNECTED
BALANCED LEVELS

VERY
CONNECTED

OVERLY
CONNECTED
UNBALANCED



BALANCED



MID-RANGE



UNBALANCED

F-FO Female Family of Origin

M-FO Male Family of Origin

F-CR Female Couple Relationship

M-CR Male Couple Relationship



WHY THIS MATTERS

Understanding these **two dimensions** helps you **see patterns** you might not have noticed before.



Exercise

REFLECTING ON YOUR FAMILY OF ORIGIN



Questions to Consider

1. **Closeness:** Was your family Disconnected, Balanced, or Overly Connected? How did that shape you?
2. **Flexibility:** Was your family Inflexible, Balanced, or Overly Flexible? How did that shape you?
3. **What did you learn about conflict?**
4. **What did you learn about affection?**
5. **What patterns from your family do you want to repeat in your relationships? What do you want to do differently?**



COUPLE AND FAMILY MAP

FLEXIBILITY

UNBALANCED BALANCED BALANCED UNBALANCED

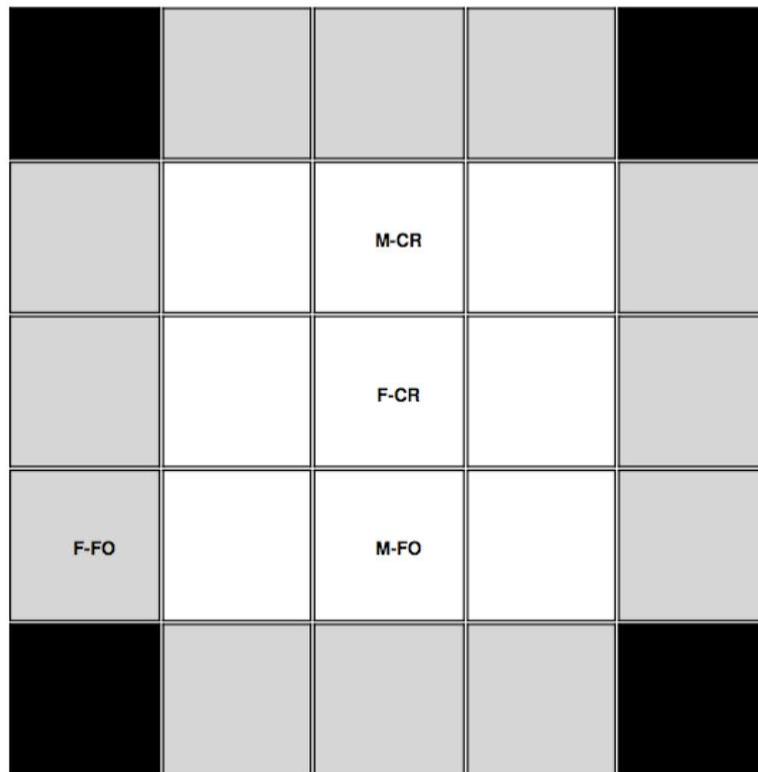
OVERLY FLEXIBLE

VERY FLEXIBLE

FLEXIBLE

SOMEWHAT FLEXIBLE

INFLEXIBLE



DIS-
CONNECTED
UNBALANCED

SOMEWHAT
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CONNECTED

VERY
CONNECTED

OVERLY
CONNECTED
UNBALANCED

BALANCED LEVELS



BALANCED



MID-RANGE



UNBALANCED

F-FO Female
Family of Origin

M-FO Male
Family of Origin

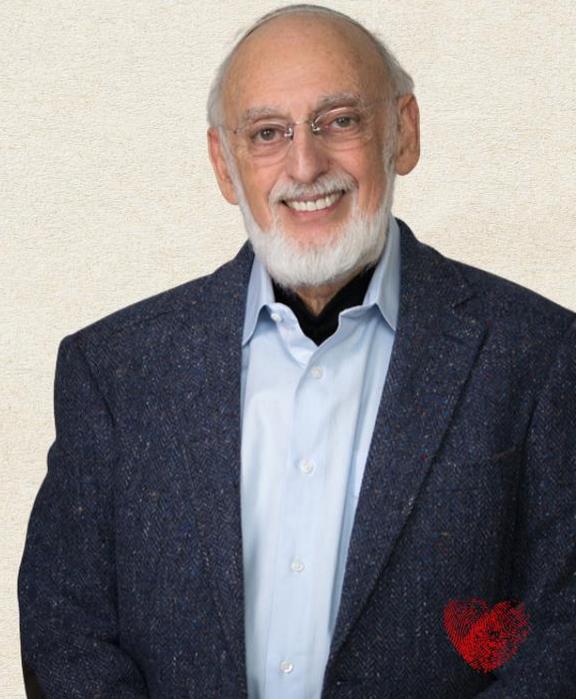
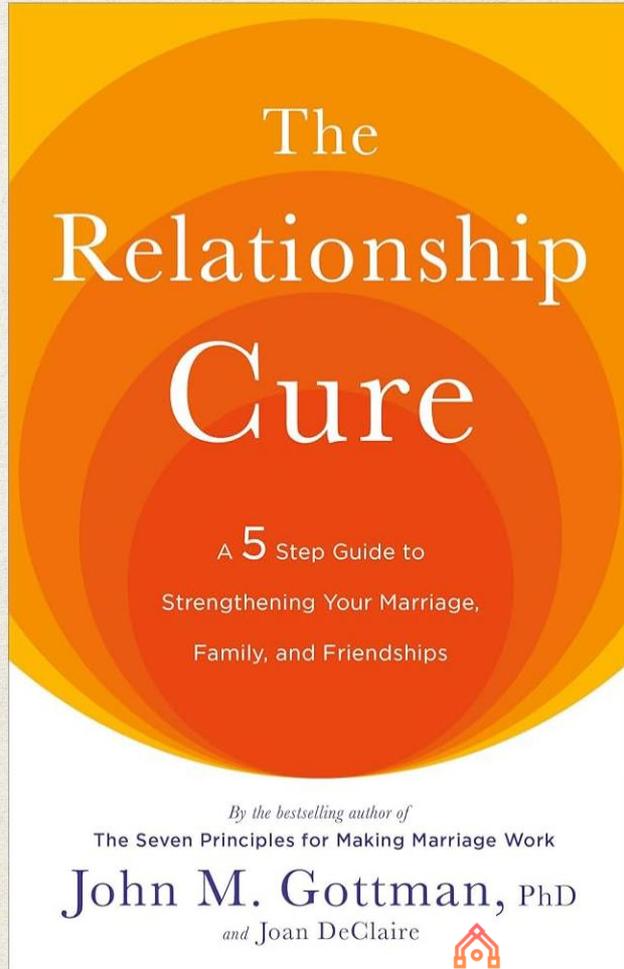
F-CR Female
Couple Relationship

M-CR Male
Couple Relationship



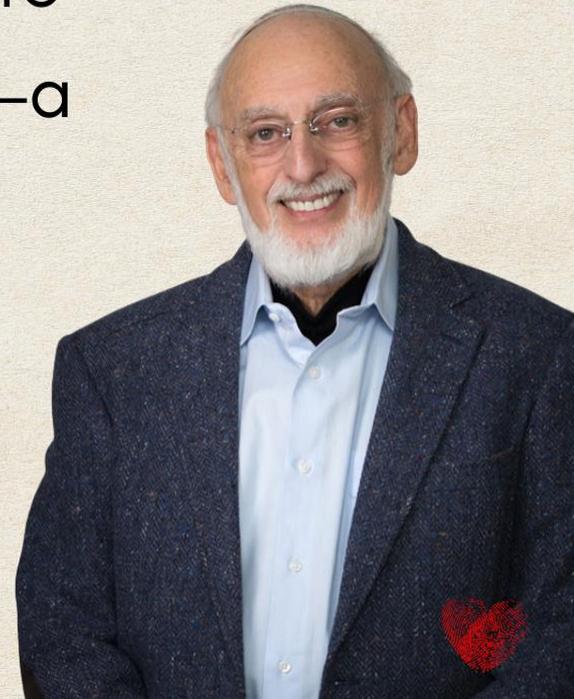
SESSION 2: **TURNING TOWARD CONNECTION**





“ bid can be a question, a gesture, a look, a touch—any single expression that says, “I want to feel connected to you.” A response to a bid is just that—a positive or negative answer to somebody’s request for emotional connection. ”

The Relationship Cure: A 5 Step Guide to Strengthening
Your Marriage, Family, and Friendships (p. 4).



BID EXAMPLES



3 RESPONSES TO A BID



1 TURN TOWARD

This means you acknowledge the bid and engage, even briefly.



2 TURN AWAY

This means you ignore the bid, either because you're distracted or didn't notice it.



3 TURN AGAINST

This means you respond to the bid with hostility or dismissiveness.



WHY THIS MATTERS

research showed couples who stay together **turn toward each other 86%** of the time.

Couples who eventually split? They **turn toward each other only 33%** of the time.



THE 5:1 RATIO

healthy relationships have a **5:1 ratio** of **positive** to **negative** interactions.



Exercise

IDENTIFYING BIDS



Questions to Consider

- 1. What are some common bids you make? How do you typically try to connect?**
- 2. How does the other person usually respond? Do they turn toward, turn away, or turn against?**
- 3. What are some common bids the other person makes to you?**
- 4. How do you usually respond?**
- 5. What's one way you could be more intentional about turning toward this week?**



SESSION 3:

COMMUNICATION

THAT SHAPES

CONNECTION



ASSERTIVENESS AND ACTIVE LISTENING



ASSERTIVENESS

is the ability to **express** your feelings and **ask** for what you want in a relationship; **in a way that is both honest and respectful.**



The Assertive Middle



Assertive

Passive

AGGRESSIVE

Howie M.





ASSERTIVENESS

= "I" Statements

Not, "YOU" Statements



Examples: "I" vs "You"

✗ **You** never listen to me.

- Accusatory, puts them on the defensive

✓ **I** feel unheard when I'm talking and you're on your phone.

- Honest, specific, non-blaming



Examples: “I” vs “You”

✗ **You** always leave a mess.

- “Always” globalizes the issue and exaggerates the threat

✓ **I** feel overwhelmed when the kitchen is left messy because it's one more thing I have to deal with.

- It names emotion, not accusation



Examples:

Vague Desire vs. Clear Request

✗ **I wish** you would help more.

- Vague, no clear action to respond to

✓ **I would** really appreciate it **if you could** do **the dishes tonight** so **I can** have some time to rest.

- Clear request, specific action, respectful tone



Examples:

Vague Desire vs. Clear Request

✗ **You never** spend time with me.

- Absolute language, invites defense

✓ I miss spending time with you. Could we plan to do something this week.

- Names emotion, makes a clear and doable request



ACTIVE LISTENING

is the **ability** to let your partner know you **understand them**; by **restating their** message.



ACTIVE LISTENING

- 1 Listening fully
- 2 Summarizing what you heard
- 3 Checking for understanding



THE SPEAKER/LISTENER FRAMEWORK



SPEAKER'S JOB

- Use "I" statements
- Express your feelings and needs clearly
- Speak for yourself, not for the other person



LISTENER'S JOB

- Listen without interrupting
- Summarize what you heard
- Ask, "Did I get that right?"



Exercise

**PRACTICING
ACTIVE LISTENING**



SESSION 4: **REPAIR, RESILIENCE, AND GROWTH**



Conflict isn't the problem.
How you handle conflict is.



Resolving Conflict Constructively

**THE 10 STEP
FRAMEWORK**



STEP 1

Set a time and place for discussion.



STEP 2

**Define the problem clearly
and specifically.**



STEP 3

Recognize how are you each contributing to the problem?



STEP 4

**What have you tried before
that didn't work?**



STEP 5

Brainstorm (10) possible solutions.



STEP 6

Discuss and evaluate each option.



STEP 7

Agree on one solution to try.



STEP 8

**Decide how you'll each
contribute to the solution.**



STEP 9

**Set a follow-up
time to check in.**



STEP 10

Celebrate progress



WHY THIS WORKS

- Slows you down
- Keeps you focused on solutions instead of blame
- Gives you a clear path forward
- Requires both people to contribute



REPAIR AND FORGIVENESS



Repair is what you do after
you've caused harm.

Forgiveness is what you do
when you've been harmed.



6 STEPS FOR SEEKING FORGIVENESS



STEP 1

**Admit what you did was
wrong or hurtful**



STEP 2

**Try to understand the pain
you caused.**



STEP 3

Take responsibility



STEP 4

**Commit to not
doing it again.**



STEP 5

Ask for forgiveness.



STEP 6

Forgive yourself.



6 STEPS FOR GRANTING FORGIVENESS



STEP 1

**Acknowledge
your pain and anger.**



STEP 2

Be specific about your expectations going forward.



STEP 3

**Give up your
right to “get even.”**



STEP 4

**Let go of
blame and resentment.**



STEP 5

**Communicate
your forgiveness.**



STEP 6

Work toward reconciliation.



**Forgiveness
isn't forgetting.**



BUILDING LONG- TERM RESILIENCE



Resilient relationships
**aren't perfect. They're
consistent.**



1. Turning toward each other in the small moments (Session 2)

- Building up that **5:1 ratio** of positive to negative interactions



2. Communicating with clarity and care

(Session 3)

- Using **"I" statements, active listening,**
and the **Speaker/Listener framework**



3. Repairing quickly when things go wrong (Session 4)

- Not letting **resentment build**. Addressing issues when they're **small**.



4. **Growing through conflict**, not just around it

- Every conflict is an opportunity to understand each other better and build stronger patterns



5. Having a **shared vision**

- Where are you going together? What are you building?



Closing Exercise

**ONE
COMMITMENT**



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