

## **DYNAMIC MARRIAGE CURRICULUM**

Homework each week includes readings from the main book (“His Needs, Her Needs”), completing exercises in the workbook, and discussing the results with your spouse; all work should be completed prior to the next session. Although absences are discouraged, couples can miss up to 2 weeks of the class and still receive a certificate of completion.

- **ALL SESSIONS MEET AT ST MARY ORTHODOX CHURCH** (344 S Martinson Street) at **6:00 pm**, except February 13.

**Sunday, February 13** (12:00 pm) (30 minutes): Introductory Session; hand out all course materials and cover basic ground rules of the course

**Sunday, February 20** (1.5-2 hours): Session 1 – Learning How to Evaluate Our Love; discussion of the Three States of Marriage (Intimacy, Conflict, and Withdrawal); learning how to renew a relationship.

**Sunday, February 27** (1.5-2 hours): Session 2 – Love Busters; learning how to overcome selfish demands, disrespectful judgments, angry outbursts, dishonesty, annoying habits, and/or independent behavior.

**NOTE:** Each of the classes from Session 3 – 7 focuses on two emotional needs identified in “His Needs, Her Needs.” Each week the homework will help us identify and communicate how each of these needs is best fulfilled for us. The structure of the course guides us in sharing in a constructive, healthy (rather than critical) manner.

**Sunday, March 6** (1.5-2 hours): Session 3 – Sexual Fulfillment & Affection

**Sunday, March 13** (1.5-2 hours): Session 4 – Recreational Companionship & Intimate Conversation

**Sunday, March 20** (1.5-2 hours) Session 5 – Physical Appearance & Honesty/Openness

**Sunday, March 27** (1.5-2 hours): Session 6 – Domestic & Financial Support

**Sunday, April 3** (1.5-2 hours): Session 7 – Admiration & Family Commitment

**Sunday, April 10** (1-1.5 hours): Session 8 – Looking Back While Looking Forward; Group Meal at Red Lobster