

A SOUND RELATIONSHIP HOUSE

Learn skills for these 7 +2 areas - for people living in relationships and communities to experience more calm, sound & healthy interactions.

T R U S T

Create Shared Meaning

Make Life Dreams Come True

Manage Conflict

- Accept Your Partner's Influence
- Dialogue About Problems
- Practice Self Soothing

The Positive Perspective

Turn Towards Instead of Away

Share Fondness & Admiration

Build Love Maps

- Know One Another's World

C O M M I T M E N T