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Can We Talk? Conversations for a more satisfying relationship... **Thursday, November 19, 2015, *What Makes Talking So Difficult?*** **St. Paul, Silverton**

Learning skills – changing perceptions, an invitation to *re-spect* your partner/relationship

Health benefits of a healthy relationship

The trouble with getting your validation from your partner, and the wisdom of moving towards “self-differentiation”

Emotionally Focused Therapy: Attachment theory, Sue Johnson, Hold Me Tight

The management of personal anxiety in the face of our partner’s anxiety

What happens after the fight? After the Honeymoon, Dan Wile

The difference between talking and fighting

Separating talking from decision-making

Seek to understand before insisting on being understood

Practice...Practice...Practice!