

the Seven Principles *for* Making Marriage Work

The Seven Principles Program for couples is a workshop based on the internationally-acclaimed research of Dr. John Gottman as presented in his *New York Times* Bestselling book [*The Seven Principles for Making Marriage Work*](#).

Is this workshop for us?

Couples that would benefit from this workshop:

- Pre-Marital
- Everyone from newlyweds to seasoned marriages
- Those who wish to enhance a good marriage
- Those needing better conflict management tools

Couples that this workshop is not suited for:

- Severe relationship distress
- Emotional abuse
- Domestic abuse
- People not in recovery for their addiction
- Untreated mental health problems in one or both partners

What will we learn in this workshop?

What the workshop is about:

- Seven Principles Program description
- The research foundation of the program
- Proven tools to help couples
- Improve friendship, fondness and admiration
- Enhance romance and intimacy
- Manage conflict constructively
- Gain skills to address perpetual and solvable problems
- Create shared meaning
- Maintain gains throughout a lifetime
- Format includes lectures and private couple exercises

What the workshop is not:

- It is not therapy
- It is not an open sharing of personal problems. All exercises and discussions will occur privately between you and your significant other.