



The Importance of Your Words



Gracious words are a
honeycomb, sweet to the soul
and healing to the bones
Proverbs 16:24

Words Equal

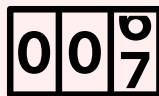
- Caring words = build up 
- Encouraging words = confidence
- Loving words =  connection
- Negative words = fear
- Angry words = failure
- Humorous words = joy



REAL TALK Workshop

January 8, 2023
2PM

Time to start counting...



Have you ever counted your positive or negative interactions with your partner? It may seem like a strange thing to track, but it is a key component of having a mature, happy and stable relationship. Dr. John Gottman found that successful couples had five seconds of time together in a positive (or neutral) emotional state for every one second in a negative emotional state. He coined it as the magic ratio of 5:1. Thus you need five positive interactions for every negative one with your partner.

The Importance of *Your* Words

HELLO
MY NAME IS

Exercise #1 The Foundation of Love

Write down 3 qualities that you've always loved about your partner:

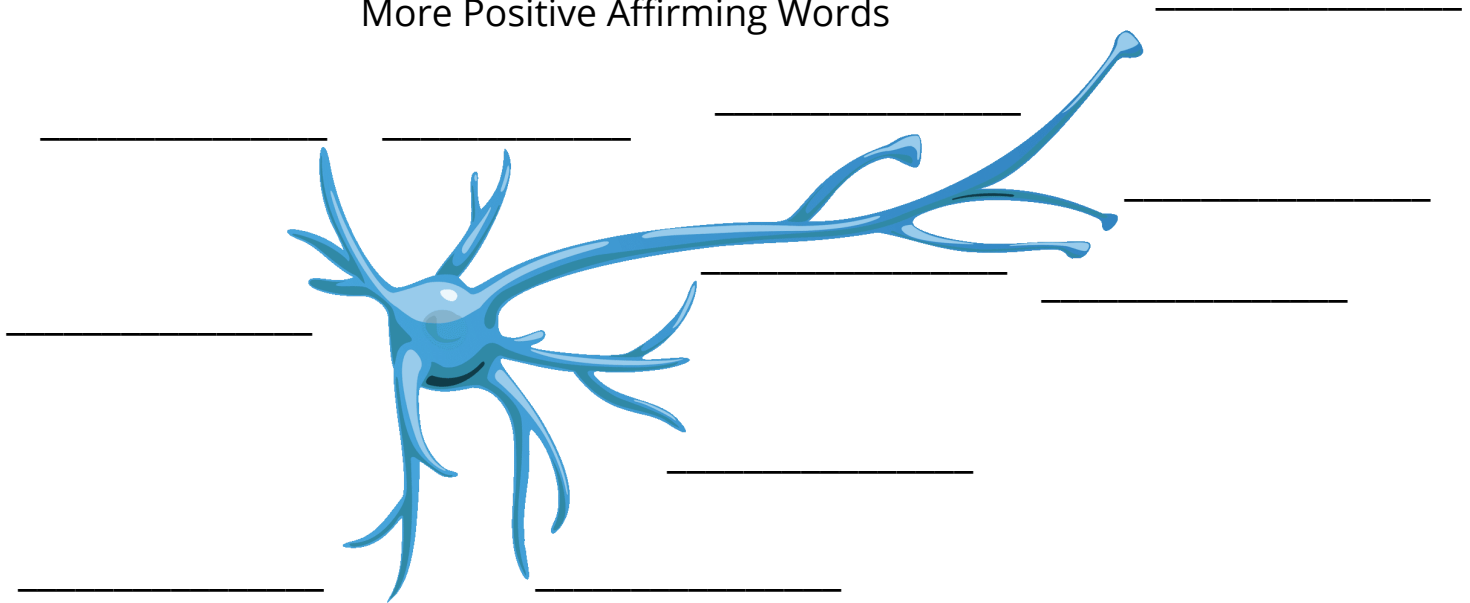
1. _____
2. _____
3. _____

Y N

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Exercise #2 The Neurons of Love

More Positive Affirming Words



Exercise #3 The Receiver of Love

Receive and believe the loving words from your partner.

"Being able to experience happiness when other people notice you can be an important source of fulfillment." — Dr Whitbourne, *Professor Emerita of Psychological and Brain Sciences*

Be willing to do the deep work of accepting loving words from the one you love.

