

SECRETS TO L♥VE



VIEWER'S GUIDE

SECRETS TO LOVE

Introduction: Fairy Tales and Falling in Love

What was your picture of the “perfect marriage”? Where did you learn your “fairy tale” (TV show, parents, relative, movie, etc)?

The couples listed reasons they think they “fell in love” with their mate. What are three reasons why you “fell in love” with your mate?

Secret One: I Love You With All My Brains...

When was the first time you fell in love? How old were you?

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How do you think the relationship your parents had contributed to your ideas about love and marriage?

Secret Two: Did I Really Marry My Mom or Dad?

Do you think you married someone like your opposite sex parent?

What qualities, physical traits or characteristics does your mate have in common with your opposite sex parent?

If you have kids, what characteristics do you think they experience in their opposite sex parent that they will look for in a future spouse?

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Secret Three: Chemicals Bring Us Together and Keep Us Together

Testosterone drives lust. Dopamine and serotonin drive romance. Oxytocin and vasoprasin drives attachment.

Which of the above chemicals have most impacted your relationship decision(s)?

How much stock have you placed in lust, romance and attachment in your relationships?

Knowing what you know now, have these feelings helped or hindered your relationship?

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Secret Four: How to Survive When the Fairy Tale Turns into a Nightmare

What kind of advice did you get from others before you got married?

What percentage of that advice now makes sense to you?

Did you receive marriage preparation?

If so, how was it helpful in your first couple of years of marriage?

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What were the main reasons you got married to your mate when you did?

How have you been personally affected by divorce?

What unexpected problem(s) have occurred in your marriage and how did it affect your relationship?

How did you and your mate deal with the unexpected problem situation?

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How could you have dealt with it differently?

**Secret Five: The Home You're Raised In
Makes a Difference**

How did your home life and family of origin impact your idea of love and marriage?

What dysfunctions existed in your upbringing that you don't want to have be part of your present and/or future relationships?

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**Secret Six: Choosing to Be the Partner of
Your Partner's Dreams**

In your relationship, what old patterns of behavior need to be replaced with new patterns of behavior?

How have you been the right partner to your spouse?

How often do you show empathy for your partner? How can you increase empathy for your partner?

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Secret Seven: Change is Possible

How well do you and your mate communicate?

What do you do that makes the biggest contribution to miscommunication in your relationship?

Do you feel like your relationship is a team marriage? If not, what would it take to become more of a team?

What are ways you could be a better listener in your relationship?

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Do you and your mate use a conflict resolution skill like the speaker-listener technique?

Have you attended a Marriage Education class or Relationship Skills Training program?

Take Away

Which of the **Secrets to Love** most impacted your ideas about relationships?

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What are you taking away from **Secrets to Love** that you can apply to your own relationship with your spouse or partner?

What are you taking away from **Secrets to Love** that you can pass on to others (kids, family, friends)?

How can you make Marriage Education/Relationship Skills Training a part of your future (attend, teach, promote)?



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