



Climb Aboard *U.S.S. RelationSHIP*

For An Exclusive
Relational Excursion

September 22 - December 15

Sail Away on the Four Cs

Connection.....Communication
Conflict.....Commitment

WELCOME ABOARD

#1 **Onboard Entertainment:** September 22, 2022
Port of Call: September 29 zoom 6:30-8:00 **"MEET AND GREET"**

Featuring: the Sound Marital House and the Relationship Grid and PLUS: A surprise visit from your ancestors - how intergenerational legacies continue and how to interrupt them.

#2 **Onboard Entertainment:** October 6, 2022
Port of Call: October 13 zoom 6:30-8:00 **"CONNECTION"**

Featuring: a guided tour of your nervous system; how your body responds to emotional stress. A personalized intimacy map; how you and your partner relate on 5 realms of intimacy.

#3 **Onboard Entertainment:** October 20, 2022
Port of Call: October 27 zoom 6:30-8:00 **"COMMUNICATION"**

Featuring: a show down! Harshness VS Loving Kindness. Introducing skills for relational conversation; both speaking and listening.

#4 **Onboard Entertainment:** November 3, 2022
Port of Call: November 10 zoom 6:30-8:00 **"CONFLICT RESOLUTION"**

Featuring : a night of Dancing! Identify your old habitual moves: triggers, losing strategies & self serving responses. Learn how to follow and learn how to lead with some new relational steps: loving kindness, forgiveness & healing.

#5 **Onboard Entertainment:** November 17, 2022
Port of Call: December 1, zoom 6:30-8:00 **"COMMITMENT"**

Featuring: update your relationship vows with bids for connection, rituals, dreams and visions.

#6 **Onboard Entertainment:** December 8, 2022
Port of Call: December 15 zoom 6:30-8:00 **"MARRIAGE MISSION"**

Featuring: identify your "ideal" relationship and design a mission statement to shape your present and future connection.

**(Homework will be dropped on "Onboard Entertainment" dates
and we will meet live on Zoom on "Port of Call" dates)**