The National Extension Relationship and Marriage Education Model

Connect The connections that couples develop with their family, peers, and community offer a source of meaning, purpose, and support that influence the health and vitality of their couple relationship.

Manage Problems and conflicts are a normal part of relationships. Healthy couples use strategies to see their partner's view, accept differences, and manage stress to ensure emotional and physical safety. Care for Self While better health is a consequence of healthy couple relationships, attending to one's physical, mental, and emotional well-being also fosters healthier couple and marital relationships.

Choose A strong, healthy, long-lasting relationship does not just happen by chance but, instead, through deliberate and conscientious decisions to be committed, intentional, proactive, and strengths-focused. Know To develop and sustain healthy relationships, partners must develop and maintain intimate knowledge of each other's personal and relational needs, interests, feelings, and expectations.

Care Individuals who express kindness, use understanding and empathy, demonstrate respect, and invest time to be available and open to their partner are able to maintain stable, healthy couple relationships.

Share Being a healthy couple involves spending meaningful time together and fostering a shared sense of couple identity in order to sustain a close, enduring friendship based on trust and love.



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