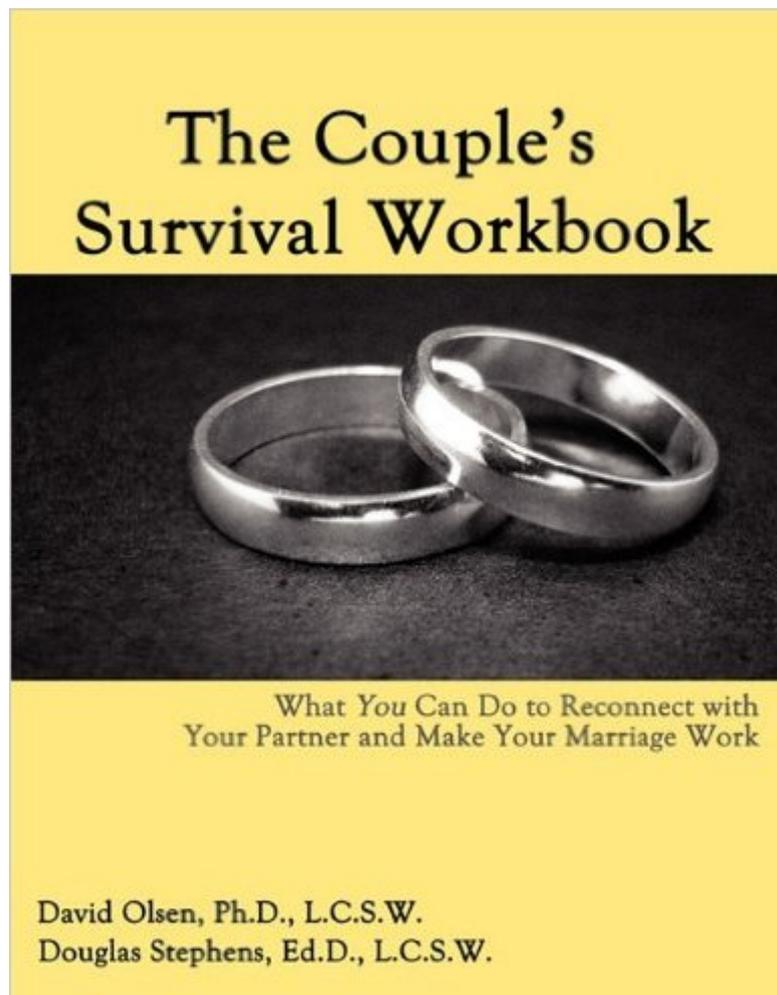


The book was found

The Couple's Survival Workbook: What You Can Do To Reconnect With Your Partner And Make Your Marriage Work



Synopsis

With more than 55 years of experience between them, master couple's therapists David Olsen and Douglas Stephens know where most relationships go awry. Based on their knowledge of those danger zones, they have created targeted, practical exercises that help you successfully navigate those areas. The goal is to turn problems or potential problems into opportunities for greater communication and intimacy. Olsen and Stephens also know that often only one half of a couple is ready to make real changes. The Couple's Survival Workbook is designed to work even if your partner isn't committed to the process. By skillfully changing yourself, you're likely to find your whole relationship improving. Whether you're a therapist seeking practical, effective exercises for the couples you work with clients or you are part of a struggling couple looking to make your relationship work, The Couple's Survival Workbook can help.

Book Information

Paperback: 238 pages

Publisher: Echo Point Books & Media; 40552nd edition (January 21, 2011)

Language: English

ISBN-10: 9780963878410

ISBN-13: 978-0963878410

ASIN: 0963878417

Product Dimensions: 8.5 x 0.5 x 11 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (29 customer reviews)

Best Sellers Rank: #38,989 in Books (See Top 100 in Books) #91 in Books > Self-Help > Relationships > Conflict Management #97 in Books > Parenting & Relationships > Family Relationships > Conflict Resolution #342 in Books > Parenting & Relationships > Marriage & Adult Relationships

Customer Reviews

At the core of what you will learn from this book are a problem and a goal. The problem is emotional reactivity. The goal is intimacy. Emotional reactivity will not lead to intimacy. Emotional reactivity leads to relational patterns, and can be fueled by a number of things. It can be fueled by myths to which you subscribe, beliefs and biases you have about gender, marriage, your spouse or yourself, and even fueled by your upbringing and the family dynamics in which you were raised. This book takes readers step-by-step through the problems, with real-life examples given, and strategies for

change. Relational patterns have to do with the predictable nature of arguments in your marriage. Different arguments may result in different patterns, but overall there are typically predictable patterns that play out on a regular basis between spouses, fueled by emotional reactivity. One example of a relational pattern is the pursuer/distancer pattern, in which one spouse consistently pursues the other spouse to address a topic, and this results in the distancing partner to distance even further. The pattern quickly develops, with the pursuer frustrated by the distance, and pursuing more strongly, which serves to push the distancing partner further away. Some other examples of relational patterns are over/underfunctioning, conflict/avoidant and dominant/submissive. Each of these, and others, are described in the book to help readers spot the patterns they may be stuck in. One of the steps toward change is recognizing your relational patterns, and working toward recognizing them and altering the pattern, compared to continuing to be emotionally reactive which is what led to the patterns in the first place.

[Download to continue reading...](#)

The Couple's Survival Workbook: What You Can Do To Reconnect With Your Partner and Make Your Marriage Work Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Anxious in Love: How to Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide FiancÃ© and Marriage Visas: A Couple's Guide to U.S. Immigration (Fiance and Marriage Visas) Fiance and Marriage Visas: A Couple's Guide to US Immigration (Fiance & Marriage Visas) Community as Partner: Theory and Practice in Nursing (Anderson, Community as Partner) Reinventing the Meal: How Mindfulness Can Help You Slow Down, Savor the Moment, and Reconnect with the Ritual of Eating Marriage: How To Save And Rebuild Your Connection, Trust, Communication And Intimacy (FREE Bonus Included) (Marriage Help, Save Your Marriage, Communication Skills, Marriage Advice) Sacred Marriage Participant's Guide: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy? Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes

Silent: (Prepper's Guid, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books)
SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry,
Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) The Ultimate Survival
Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters
(Survival Guide, Survival for Beginners, Survival books) Paracord: The Ultimate Paracord Projects -
Learn How To Use Paracord For Survival (Survival Guide, Bracelet And Survival Kit, Prepper's
Survival) Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness
Shelters (Survival Safe Home, Survival shelter, Survival shelter books) Survival Medicine
Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency:
(Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) Survival
How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival
Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest)

[Dmca](#)