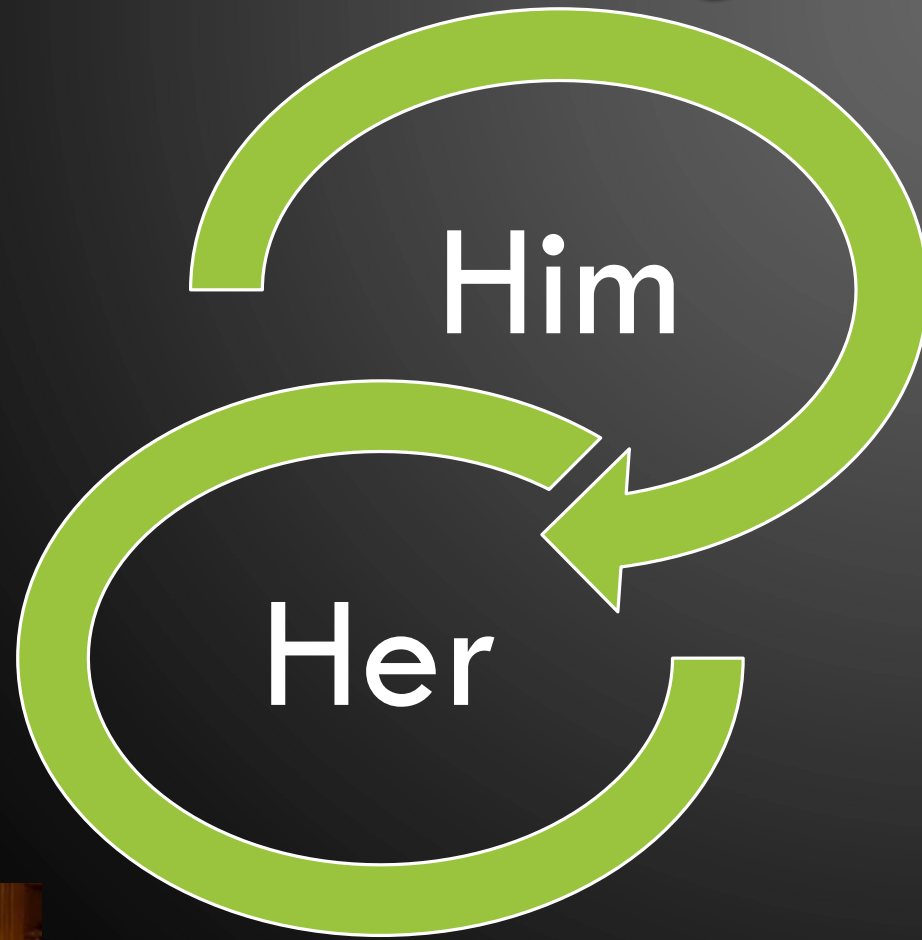


# COUPLES MUST **CREATE A SAFE ZONE**



- VUNERBILITY
- TRUST
- COMPANIONSHIP
- LAUGHTER
- INTIMACY/SEX
- FEARS
- NON JUDGEMENTAL
- EMPHATHY
- UNDERSTANDING
- AFFIRMATIONS



# COUPLES CONFLICT **RESOLUTION** SKILLS

