

RELATIONSHIPS

Couples who are happy in their relationship usually say that they have many caring and positive times together. You need to experience times when you enjoy being with your partner and you feel that this enjoyment is mutual.

This module aims to support you and your partner in making your relationship as good as it can be. There are several different sections to the module and you may like to do all, some, or just one of the sections. Your PuP therapist can help you decide which sections may be useful for you.

The different sections give you the opportunity to:

- Consider where your ideas about relationships come from
- Explore your expectations of yourself and your partner, especially as parents
- Learn some key skills in communicating and managing conflict well.
- Explore the amount of good times and good feelings shared in your relationship and increase these if there is time and desire to