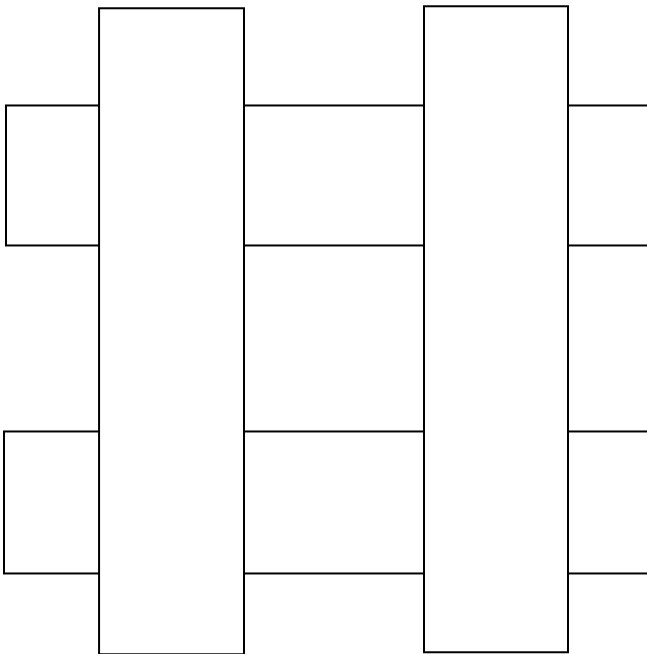


Save or Bust?

Adults: Building Healthy Relationships

- ◆ Before beginning, set aside all **blue** blocks (the “savers”).
- ◆ Build your relationship by putting the remaining blocks together, forming a tower with the white words facing the **outside**. Plain pieces may be put in the middle of the tower. Arrange the blocks in any color pattern you choose. Green, orange, and pink are all the same: “killer” pieces.
- ◆ Draw a card and read it aloud. The cards with green, orange, and pink are relationship “killers”. With “killer” cards, remove the block from your tower with the label corresponding to the **bolded** word on your card.
- ◆ If you draw a blue card, take the matching word block from the blue pile. You can use a blue block to replace a killer block.



- ◆ Continue to build the tower as illustrated. You may insert a third “wordless” block in the middle of each layer for extra stability.
- ◆ The goal of this activity is to keep the tower (your relationship) standing, and to learn about the “killers” and “savers” in relationships.

<i>Escalation</i>	<i>Arguments</i>
<i>Threats</i>	<i>Money</i>
<i>Children</i>	<i>In-Laws</i>
<i>Work</i>	<i>Pornography</i>
<i>Invalidation</i>	<i>Respect</i>
<i>Selfishness</i>	<i>Domestic Violence</i>
<i>Poor Communication</i>	<i>Trust</i>
<i>Power and Control</i>	<i>Criticism</i>
<i>RESPECT!</i>	<i>Dedication</i>
<i>Appreciation</i>	<i>Validation</i>
<i>Addictions</i>	<i>Friends</i>
<i>Stonewalling</i>	<i>Contempt</i>
<i>Lack of Commitment</i>	<i>Security</i>
<i>100/0 Job Division</i>	<i>Financial Incompatibility</i>
<i>Date Nights</i>	<i>Affirmations</i>
<i>Money Harmony</i>	<i>Kindness</i>
<i>Good Communication</i>	<i>Time Together</i>
<i>Trust</i>	<i>Marriage Enrichments</i>

Constant fighting over the same issues without resolving them creates **Escalation**.

Adults

Excessive fighting and **Arguments** can lead to other issues such as stonewalling.

Adults

Threats bring fear to any relationship. Avoid threats to your spouse. Avoid using **Threats** with anyone.

Adults

A major cause for bickering and arguing is **Money**. Build a budget - bring harmony.

Adults

Disagreements on how to handle children can cause marriage stress. Communicate about the discipline of your **Children**.

Adults

In-Laws can be great. Be wise in loving them and cautious when involving them in your marriage decisions.

Adults

Work can become a marriage concern when it is excessive or stressful. Keep **Work** in its proper place.

Adults

The internet has increased the availability of **Pornography**. This addiction is destructive in relationships.

Adults

You feel worthless, that nothing you do is appreciated by your spouse. You feel *Invalidation*.

Adults

Being treated as a person, not an object brings *Respect* to a relationship.

Adults

Your partner never considers your feelings and only ever meets their own needs. *Selfishness* hurts.

Adults

Domestic Violence is about control in a relationship. All individuals need to feel safe at home.

Adults

"I" messages create better communication than "You" Statements.
Poor Communication

Adults

You have lost trust in your partner because of their actions. *Trust* is a critical relationship skill.

Adults

Domestic Violence is about *Power and Control*. Equality is the key to stopping violence.

Adults

Negative comments hurt all relationships. Avoid *Criticism* of your partner.

Adults

Treat your partner as a person of value. They will become much more valuable to you.

RESPECT!

Adults

*Commitment and devotion to one another is **Dedication**.*

Adults

*A strong relationship will show **Appreciation**. All humans need to feel loved, needed, and supported.*

Adults

***Validation** happens when you understand and "feel" your partner's feelings. You are valid in their eyes.*

Adults

Drugs, pornography, sex, and other addictions destroy relationships. Get help if you are fighting Addictions.

Adults

Friends can be assets and liabilities. Use caution in the communications you share with Friends.

Adults

When you begin to avoid contact or communication with your partner, you are Stonewalling.

Adults

Rolling your eyes at a spouse whenever they do something is a sign of Contempt.

Adults

Your spouse never shares information or spends time with you. You see a Lack of Commitment.

Adults

Security that your spouse will not embarrass you in front of friends, co workers, or family members is important.

Adults

No relationship is a 50/50. Give 100% and expect 0 in return. 100/0 Job Division

Adults

As a couple, know your own Money Personality Styles to avoid Financial Incompatibility.

Adults



*Build a great relationship with weekly **Date Nights** and fun activities together.*

Adults

*Provide your spouse with plenty of positive **Affirmations**. These words and deeds let them know you value and care for them.*

Adults

*Spend time each month budgeting and discussing finances.
Money Harmony.*

Adults

***Kindness** is the most important element in all relationships.*

Adults

*Learning to use "I" statements and good listening skills builds **Good Communication**.*

Adults

*Healthy couples spend quality **Time Together**. Make sure you actually talk together daily.*

Adults

*Couples who spend at least 6 hours a year in **Marriage Enrichments** and education have stronger relationships.*

Adults

***Trust** is the glue that holds all relationships together. It is how you see and hear others.*

Adults



Save or Bust for Adults

Juab County Extension



Utah State University
COOPERATIVE EXTENSION