

## RELATIONSHIP SURVIVAL SKILLS DESCRIPTIONS:

**Basic Assertive Communication:** Learn basic ways we communicate with others and how to communicate more effectively by using simple phrases and techniques.

**Healthy Conflict Management:** Conflict is an inevitable part of life and it can be stressful! Learn how the way we communicate impacts conflicts and how to better manage conflicts through using simple phrases and techniques.

**Stress Management:** We all experience stress, but sometimes we deal with this stress in ways that can create even more stress! In this class we will discuss ways we deal with stress in unproductive and sometimes even harmful ways, and will offer tips on overcoming stress in more positive ways.

**Effective Listening and Handling Criticism/Negative Feedback:** This class will review the difference between listening and hearing and will discuss blocks to listening. We will also discuss how to deal with criticism and negative feedback using simple phrases and listening techniques.

**How to Say No and Still Be Nice:** Saying no is a challenge for many people. Saying yes to something you've been asked to do when you really want to say no often creates stress and frustration. Come learn and practice new skills and techniques to help you to say no but still be nice. Remember, by saying no to things that you don't want to do, you will have more time to do the things you choose to do!

**Understanding and Dealing with Anger Effectively:** Anger is a normal feeling, but how we deal with it can sometimes create problems. In this class we will be discussing the payoffs of our anger and how to better manage intense emotions.

\*For current schedule visit [www.utahmarriage.org](http://www.utahmarriage.org) (under classes) or call (801) 399-8207 for information or to register.