
introduction to
MARRIAGE
& FAMILY
THERAPY
DR FRED TOKE, PSYD
FREDTOKE.ORG
THINK LEAD LIVE BETTER
Practice Sessions

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3-Step Approach to
Couples Counseling
introduction to
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3-Step Approach to Couples Counseling
A structured, psychology-based approach to helping couples understand their differences, resolve conflicts, and rebuild healthier relationships.
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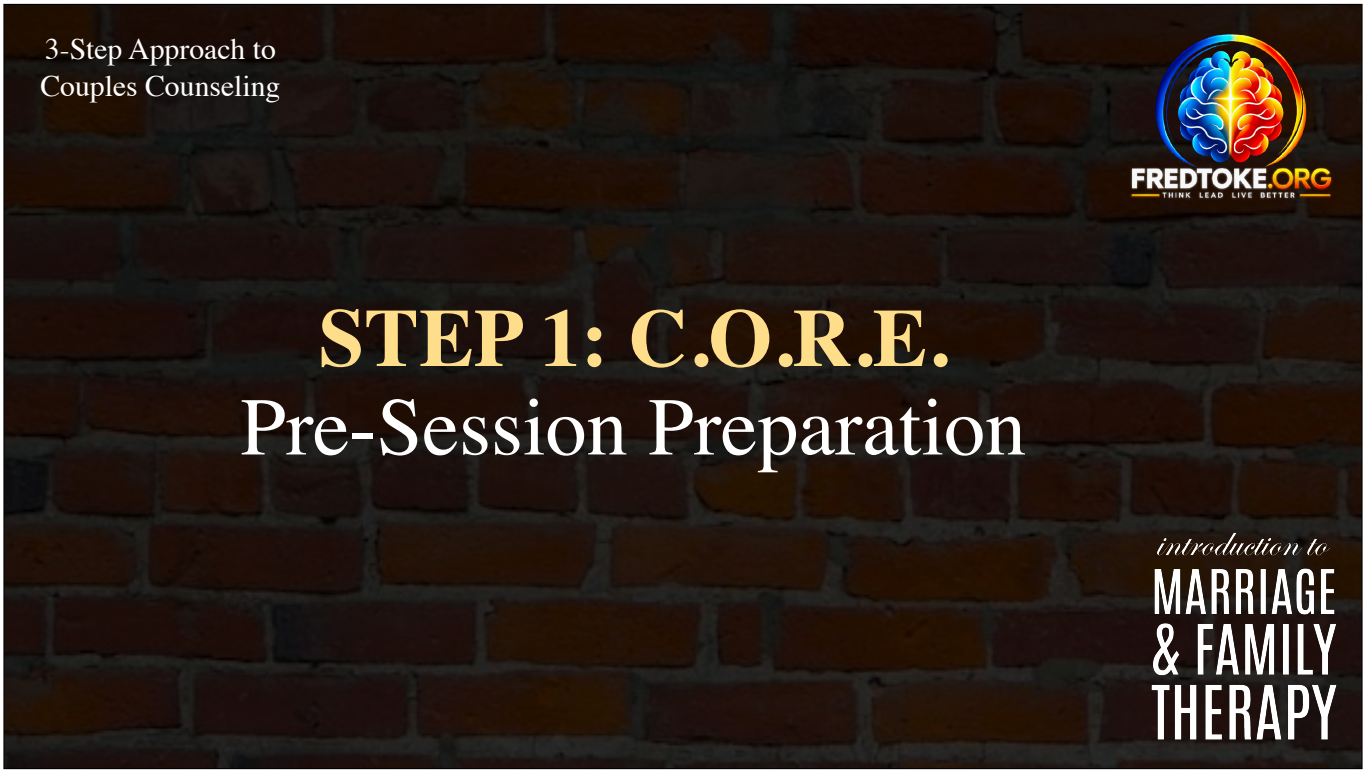
3-Step Approach to Couples Counseling
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STEP 1: C.O.R.E.
Pre-Session Preparation
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3-Step Approach to
Couples Counseling

STEP 1: C.O.R.E.

Pre-Session Preparation

Commitment

O

R

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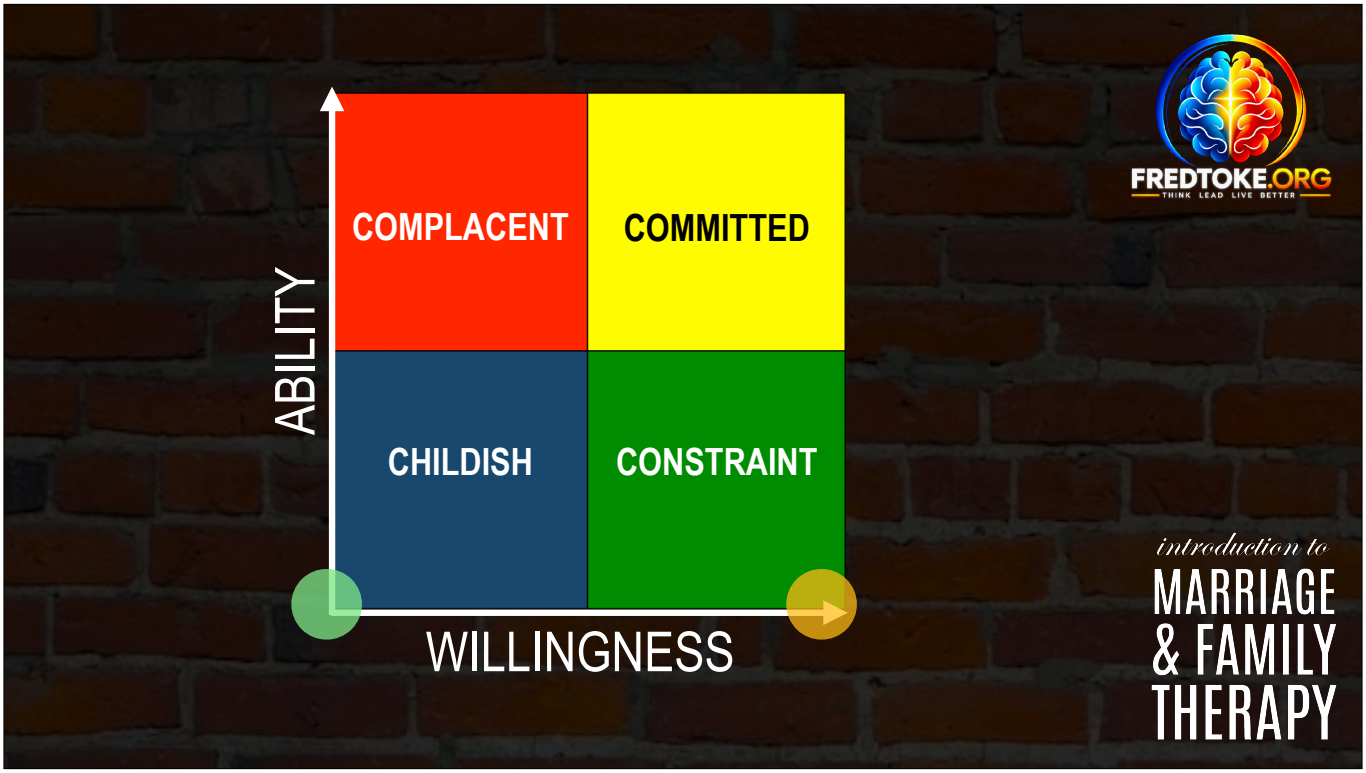

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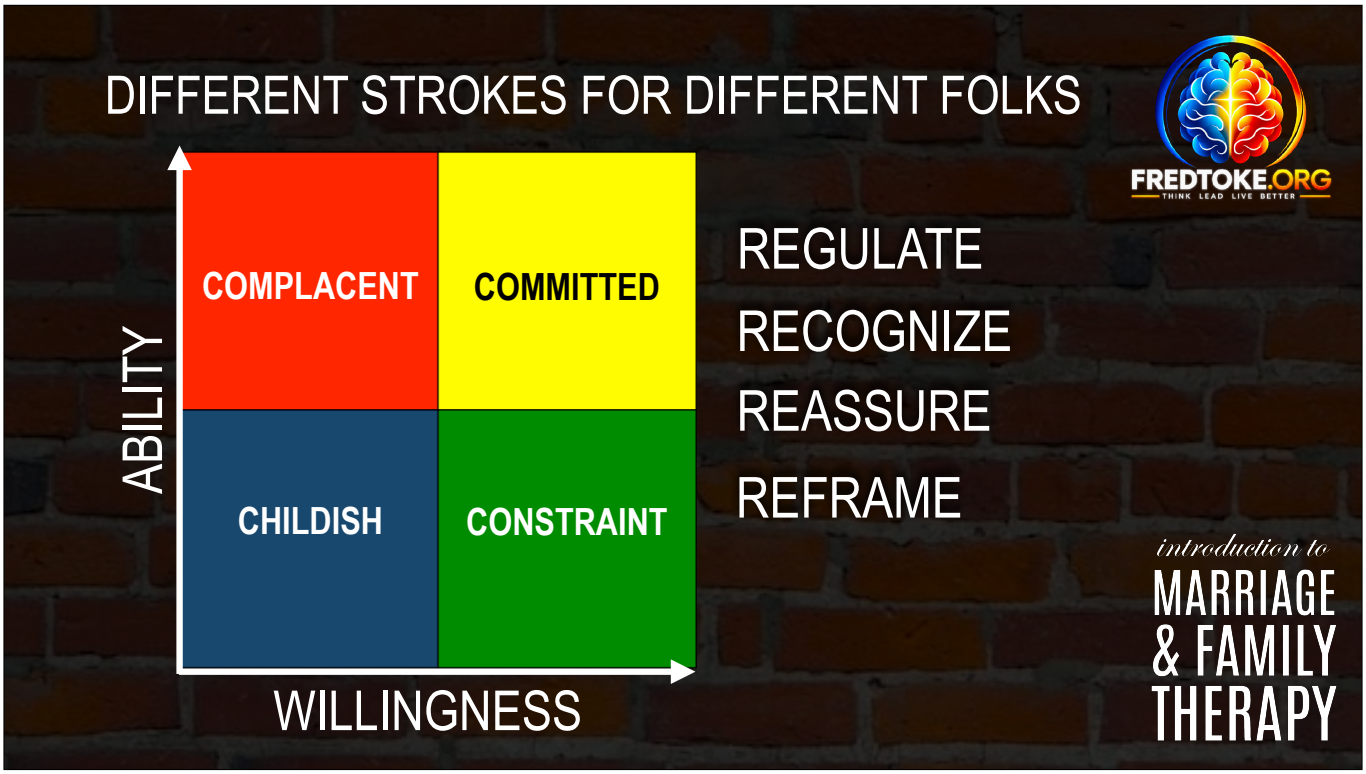
DIFFERENT STROKES FOR DIFFERENT FOLKS
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COMPLACENT
COMMITTED
CHILDISH
CONSTRAINT
ABILITY
WILLINGNESS
REGULATE
RECOGNIZE
REASSURE
REFRAME
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DIFFERENT STROKES FOR DIFFERENT FOLKS
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MOTIVATIONAL INTERVIEW
1. MI IS A METHOD OF COMMUNICATION
2. RESOLVES AMBIVALENCE AND MOVES TOWARDS CHANGE
3. AVOIDS AUTHORITARIAN TOP-DOWN COMMUNICATION
ABILITY
REFRAME
RECOGNIZE
COMMITTED
CLIENT
CHILDISH
REGULATE
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DIFFERENT STROKES FOR DIFFERENT FOLKS
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MOTIVATIONAL INTERVIEW
1. DISADVANTAGE OF STATUS QUO
2. ADVANTAGES OF CHANGE
3. OPTIMISM FOR CHANGE
4. INTENTION TO CHANGE
ABILITY
REFRAME
RECOGNIZE
COMMITTED
CLIENT
CHILDISH
REGULATE
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DIFFERENT STROKES FOR DIFFERENT FOLKS
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MOTIVATIONAL INTERVIEW
"WHAT IF ..."
rather than
"YOU SHOULD..."
ABILITY
REFRAME
RECOGNIZE
COMMITTED
CLIENT
CHILDISH
REGULATE
CONSTRAINT
REASSURE
WILLINGNESS
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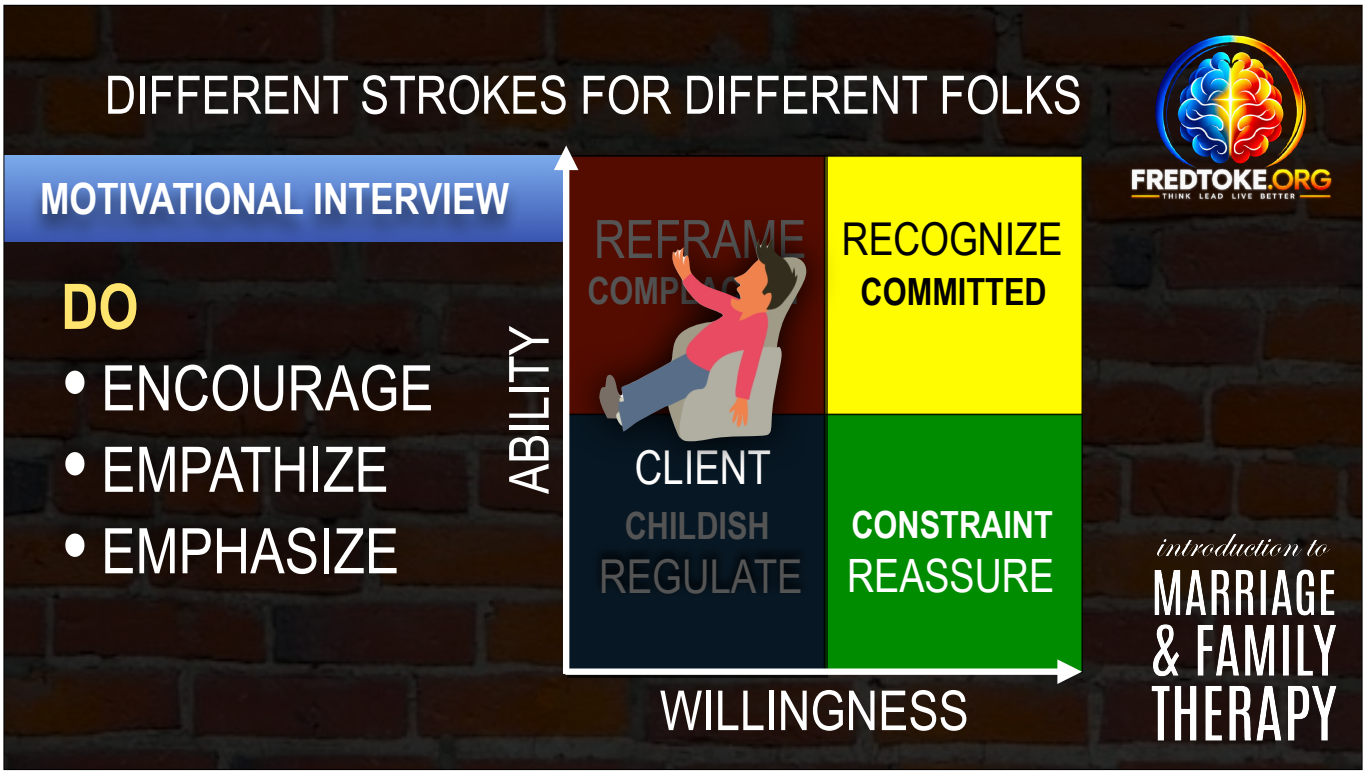
DIFFERENT STROKES FOR DIFFERENT FOLKS
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MOTIVATIONAL INTERVIEW
DO
• ENCOURAGE
• EMPATHIZE
• EMPHASIZE
ABILITY
REFRAME
COMPLAC
RECOGNIZE
COMMITTED
CLIENT
CHILDISH
REGULATE
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DIFFERENT STROKES FOR DIFFERENT FOLKS
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MOTIVATIONAL INTERVIEW
DON'T
• IMPOSE
• JUDGE
• CURSE
ABILITY
REFRAME
COMPLAC
RECOGNIZE
COMMITTED
CLIENT
CHILDISH
REGULATE
CONSTRAINT
REASSURE
WILLINGNESS
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COMPLACENT
COUNSELOR
CLIENT
CHILDISH
CONSTRAINT
ABILITY
WILLINGNESS
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Commitment
START
FINISH
PROCESS
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Commitment
START
PROCESS
FREDTOKE.ORG
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Commitment
START
FINISH
PROCESS
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3-Step Approach to
Couples Counseling

STEP 1: C.O.R.E.

Pre-Session Preparation

Commitment

Objectives

R

E

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3-Step Approach to
Couples Counseling

OBJECTIVES

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FOCUS on:

People NOT **Problem**

Empathy NOT **Sympathy**

Functionality NOT **Happiness**

Possibilities NOT **Negativity**

Process NOT **Quick Fix**





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GROUNDED?
RESILIENT?
EVEN TEMPERED?
ADAPTABLE?
THOUGHTFUL?
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MEANING
BAD EXPERIENCE
ACTIVE LISTENING:
Meaning?
Cognitive Triad?
Projection?
Disorientation Disorder Dis/Over Engage
NEW NORMAL
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COGNITIVE TRIAD
SELF
FUTURE
Me or WE
OTHERS
WORLD
GROUNDED?
RESILIENT?
EVEN TEMPERED?
ADAPTABLE?
THOUGHTFUL?
FREDTOKE.ORG
THINK LEAD LIVE BETTER
ACTIVE LISTENING:
Meaning?
Cognitive Triad?
Projection?
Disorientation Disorder Dis/Over Engage
NEW NORMAL
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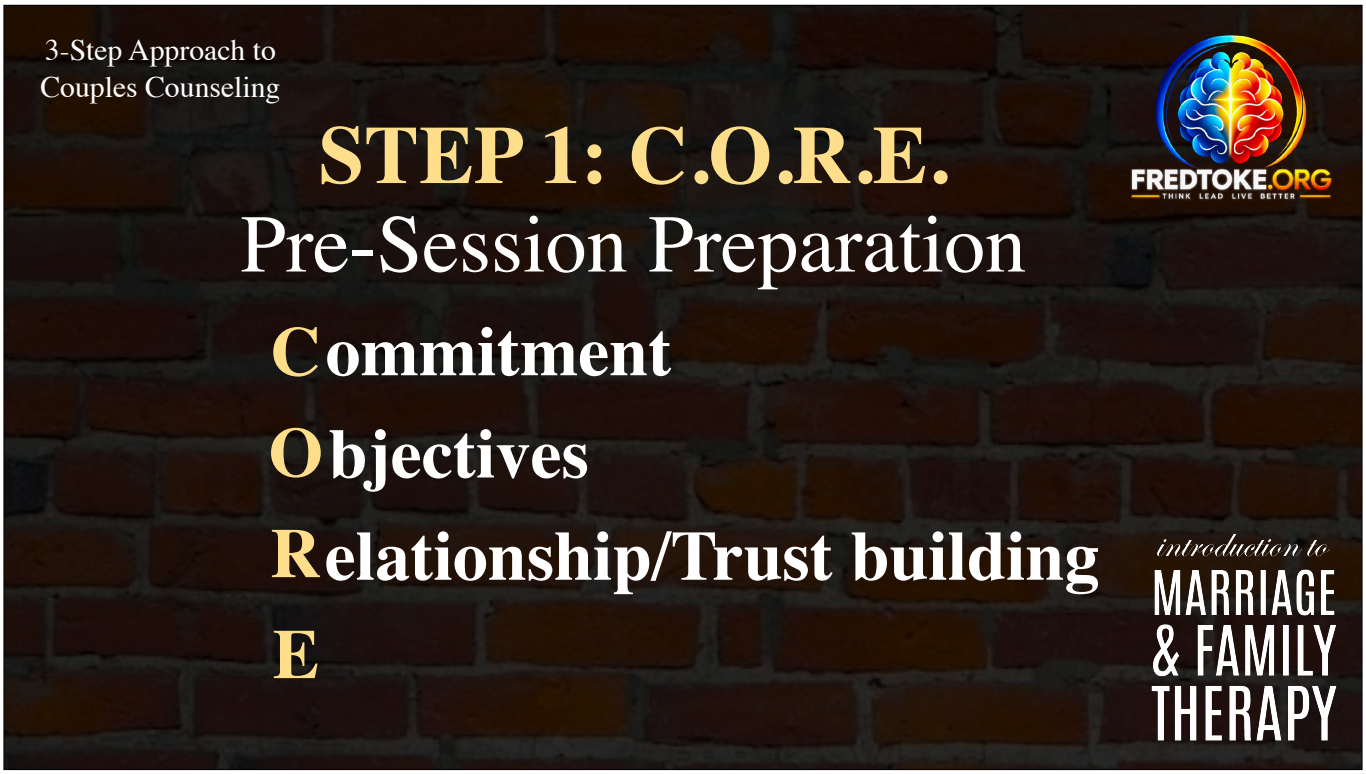
3-Step Approach to
Couples Counseling
STEP 1: C.O.R.E.
Pre-Session Preparation
Commitment
Objectives
Relationship/Trust building
E
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Relationship/Trust building
FIND:
Positivity
Strength
Hope
DO NOT FIND:
FAULTS,
GUILTY PERSON
OR SOLUTIONS
thoughts of counsellor:
- can I trust him/her?
- can he/she help us?
- will he/she judge me/us?
- is he/she biased?
- am I wasting my time?
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Relationship/Trust building
VENT
technique
Validate
Empathize
Normalize
Teach
FIND:
Positivity
Strength
Hope
thoughts of counsellor:
- can I trust him/her?
- can he/she help us?
- will he/she judge me/us?
- is he/she biased?
- am I wasting my time?
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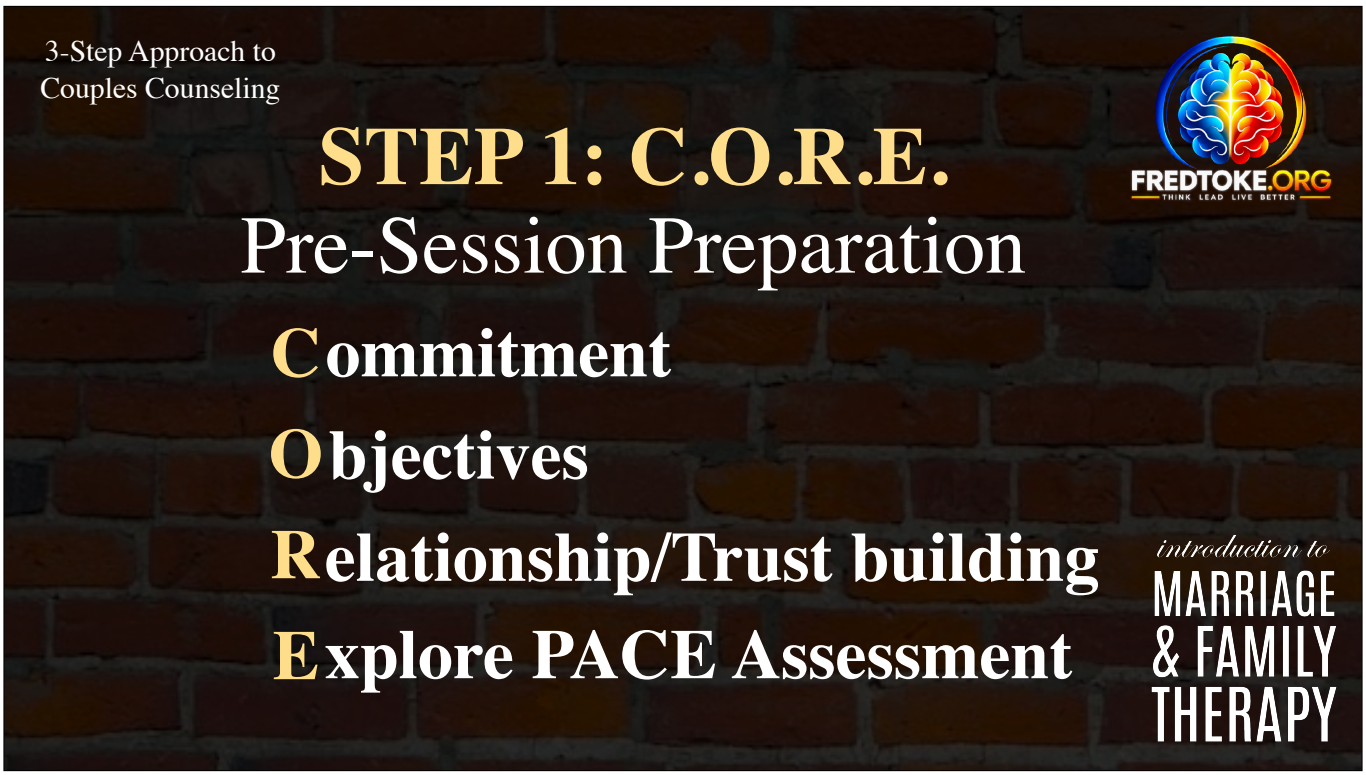
3-Step Approach to
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STEP 1: C.O.R.E.
Pre-Session Preparation
Commitment
Objectives
Relationship/Trust building
Explore PACE Assessment
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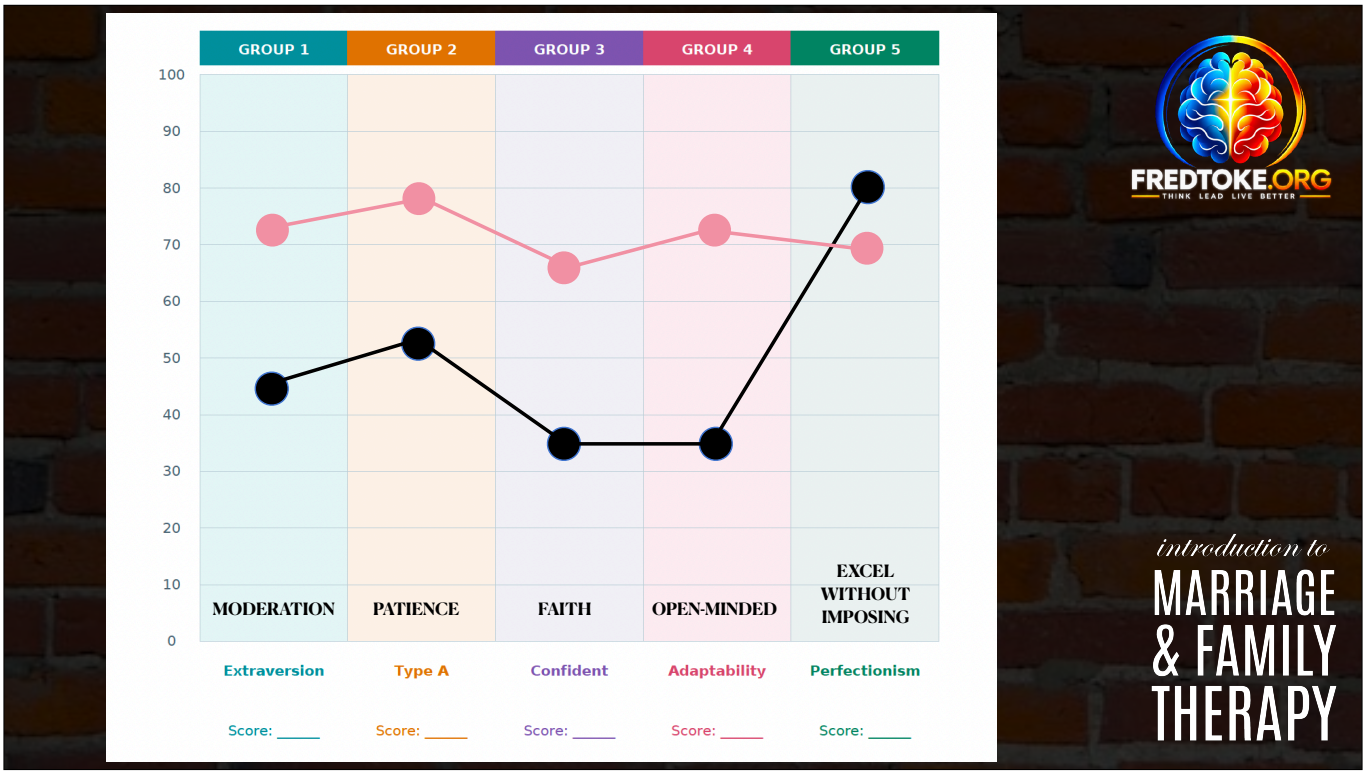
GROUP 1
GROUP 2
GROUP 3
GROUP 4
GROUP 5
100
90
80
70
60
50
40
30
20
10
0
MODERATION
PATIENCE
FAITH
OPEN-MINDED
EXCEL WITHOUT IMPOSING
Extraversion
Type A
Confident
Adaptability
Perfectionism
Score: _____
Score: _____
Score: _____
Score: _____
Score: _____
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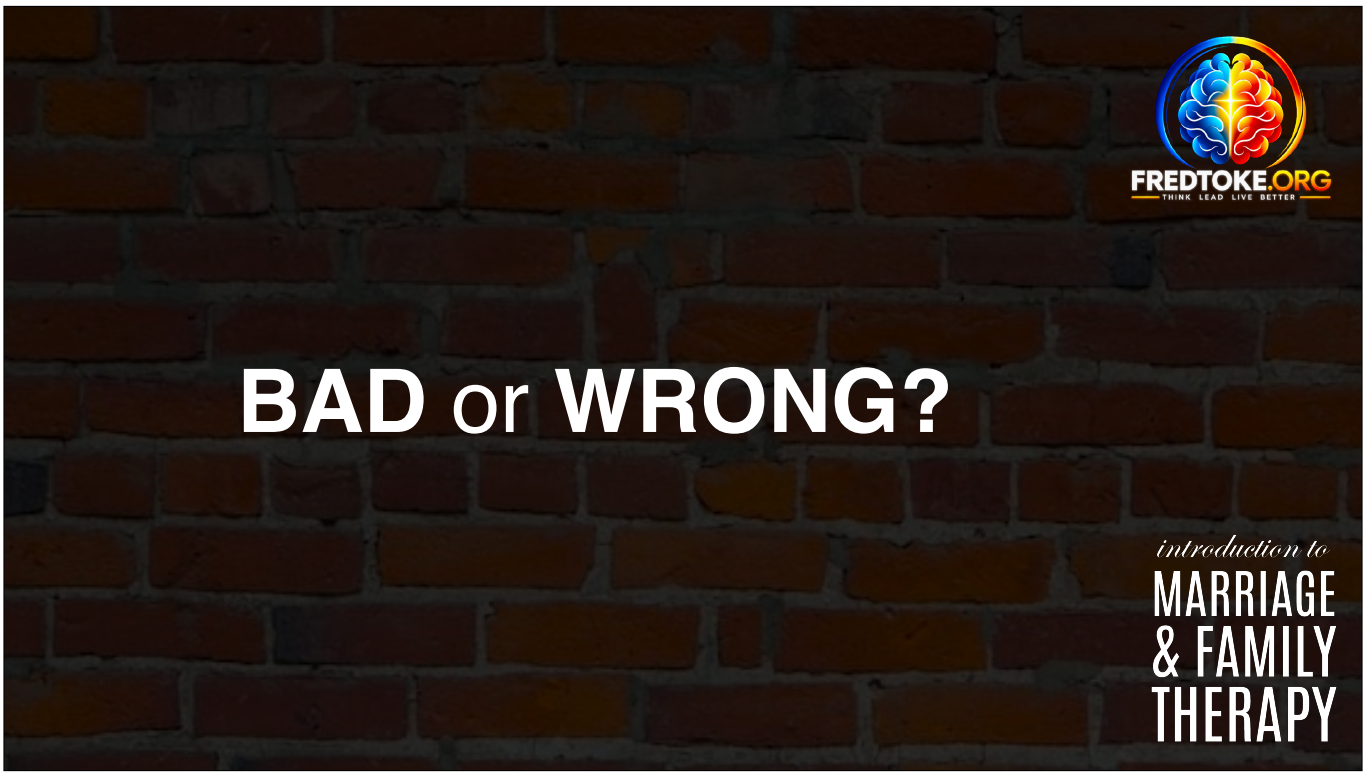
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BAD or WRONG?
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THINK LEAD LIVE BETTER
BAD
condemnation
GOOD
champion
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FREDTOKE.ORG
THINK LEAD LIVE BETTER
BAD
condemnation
WRONG
correction
GOOD
champion
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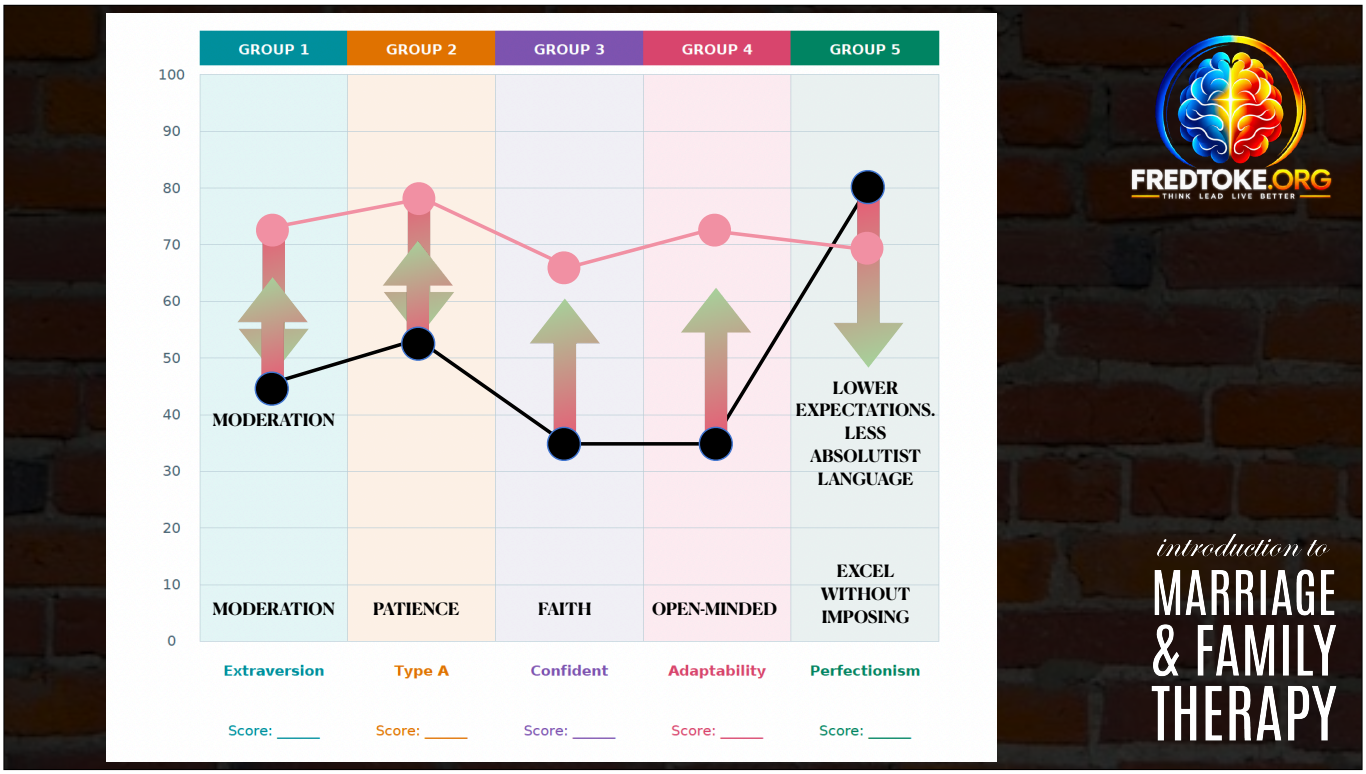
GROUP 1
GROUP 2
GROUP 3
GROUP 4
GROUP 5
100
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80
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10
0
MODERATION
LOWER EXPECTATIONS. LESS ABSOLUTIST LANGUAGE
MODERATION
PATIENCE
FAITH
OPEN-MINDED
EXCEL WITHOUT IMPOSING
Extraversion
Type A
Confident
Adaptability
Perfectionism
Score: _____
Score: _____
Score: _____
Score: _____
Score: _____
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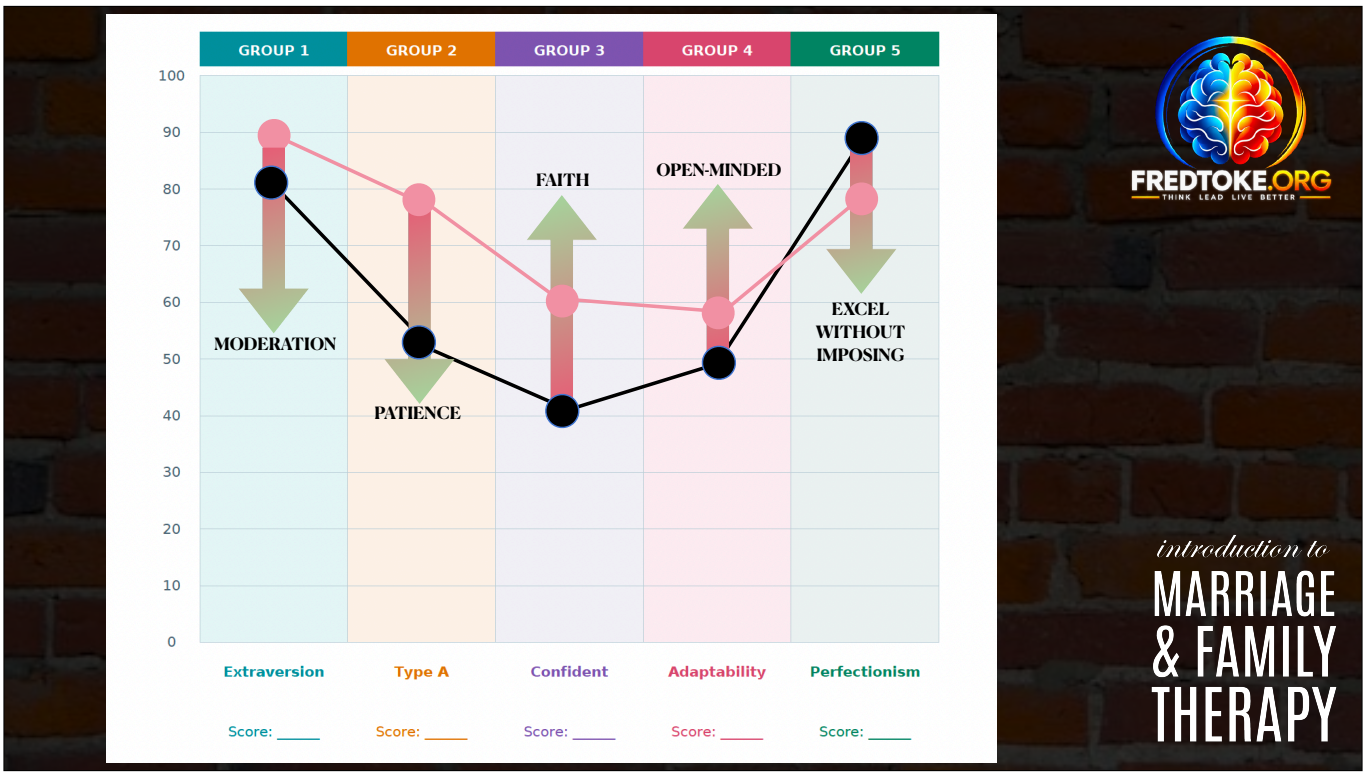
GROUP 1
GROUP 2
GROUP 3
GROUP 4
GROUP 5
100
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80
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60
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20
10
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FAITH
OPEN-MINDED
MODERATION
PATIENCE
EXCEL WITHOUT IMPOSING
Extraversion
Type A
Confident
Adaptability
Perfectionism
Score: _____
Score: _____
Score: _____
Score: _____
Score: _____
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GROUP 1
GROUP 2
GROUP 3
GROUP 4
GROUP 5
100
90
80
70
60
50
40
30
20
10
0
Extraversion
Type A
Confident
Adaptability
Perfectionism
Score: _____
Score: _____
Score: _____
Score: _____
Score: _____
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GROUP 1
GROUP 2
GROUP 3
GROUP 4
GROUP 5
100
90
80
70
60
50
40
30
20
10
0
Extraversion
Type A
Confident
Adaptability
Perfectionism
Score: _____
Score: _____
Score: _____
Score: _____
Score: _____
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Understanding My Triggers
Choose one recent situation that brought out a strong reaction.
What happened?
What did I think it meant, and what did I feel?
What did I do? What did I need at that moment?
What could help me respond more effectively next time?
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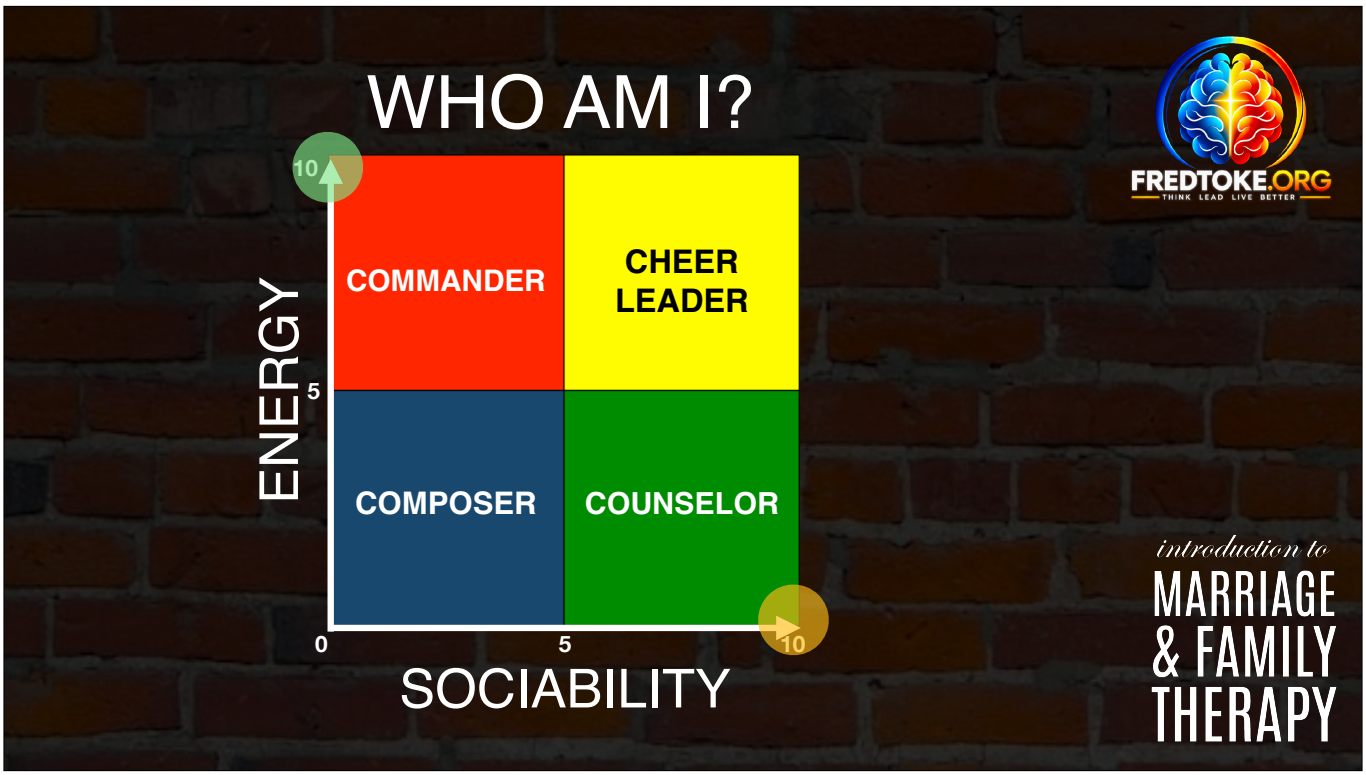
WHO AM I?
FREDTOKE.ORG
THINK LEAD LIVE BETTER
10
ENERGY
5
0
COMMANDER
CHEER LEADER
COMPOSER
COUNSELOR
5
10
SOCIABILITY
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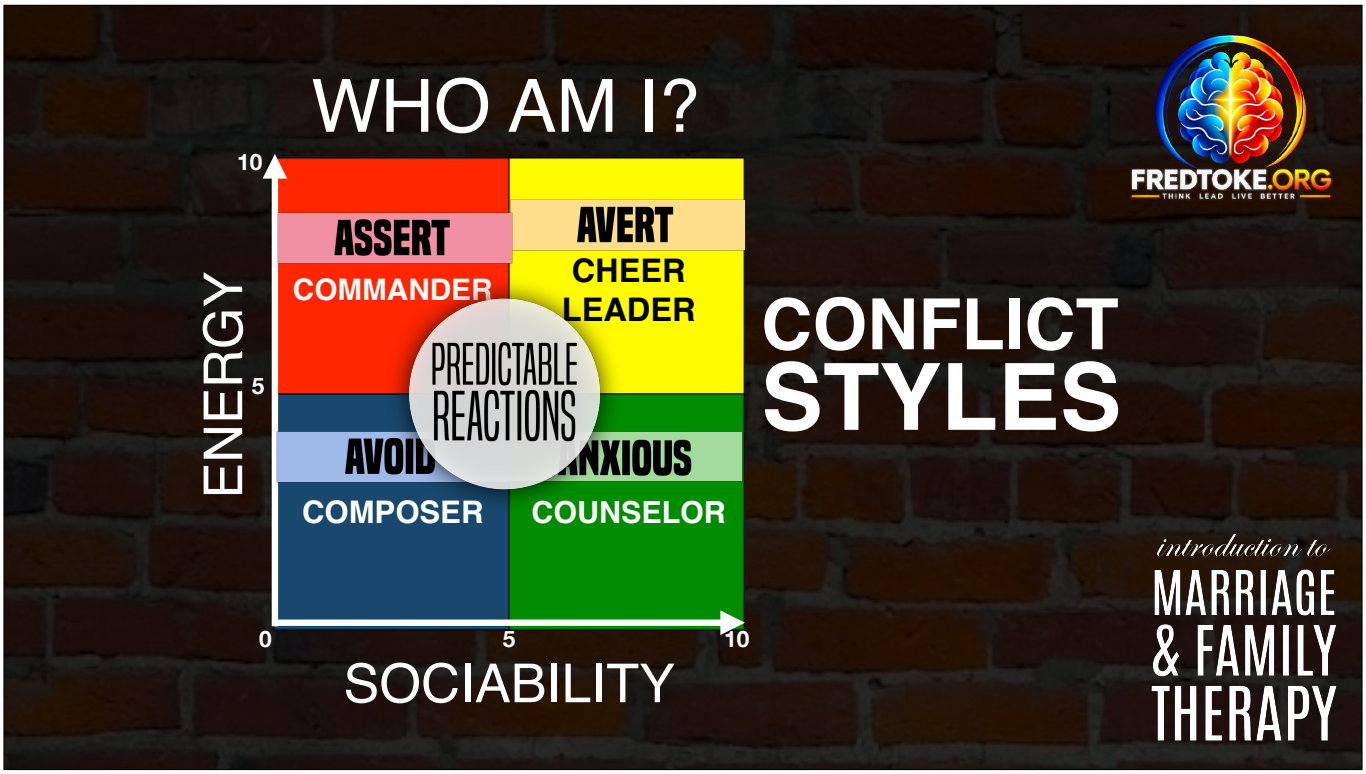
WHO AM I?
FREDTOKE.ORG
THINK LEAD LIVE BETTER
10
5
0
ENERGY
ASSERT
COMMANDER
AVERT
CHEER LEADER
PREDICTABLE REACTIONS
AVOID
ANXIOUS
COMPOSER
COUNSELOR
5
10
SOCIABILITY
CONFLICT STYLES
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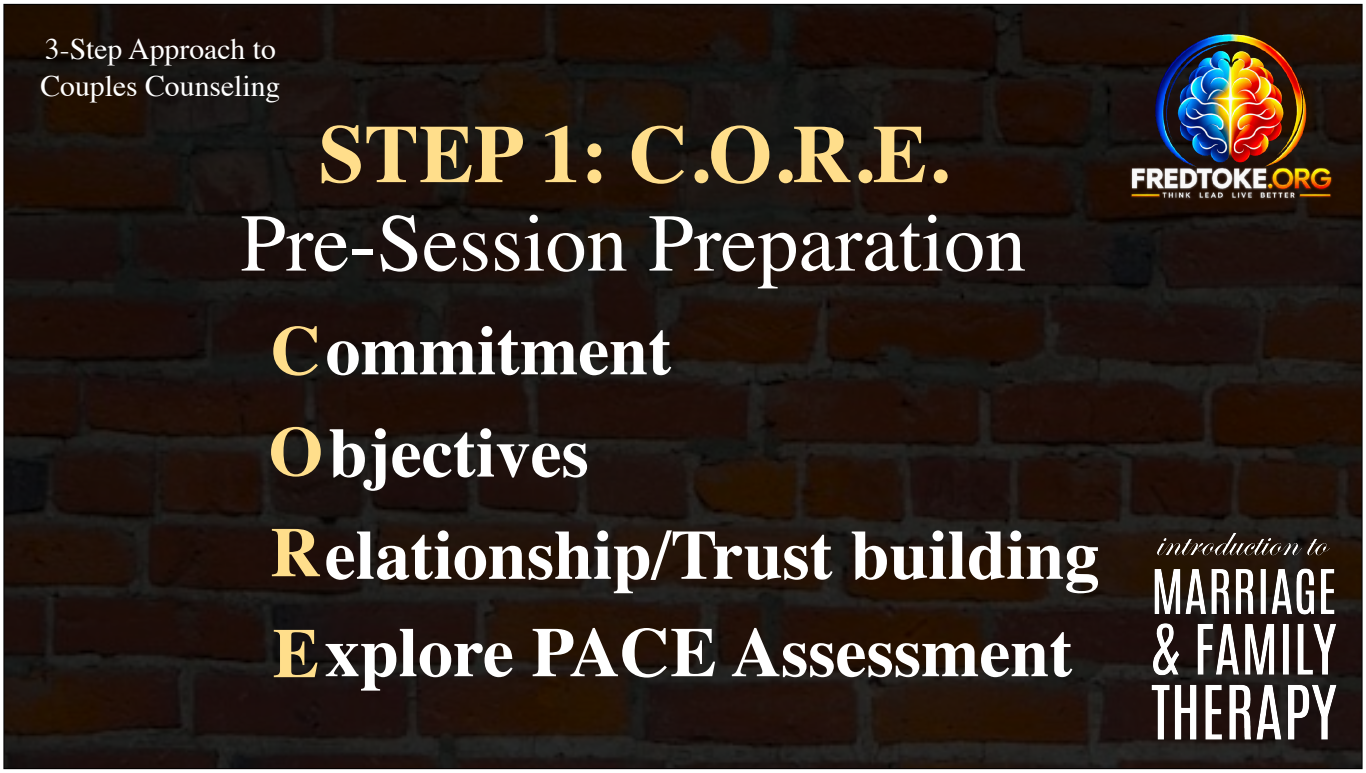
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STEP 1: C.O.R.E.
Pre-Session Preparation
Commitment
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Relationship/Trust building
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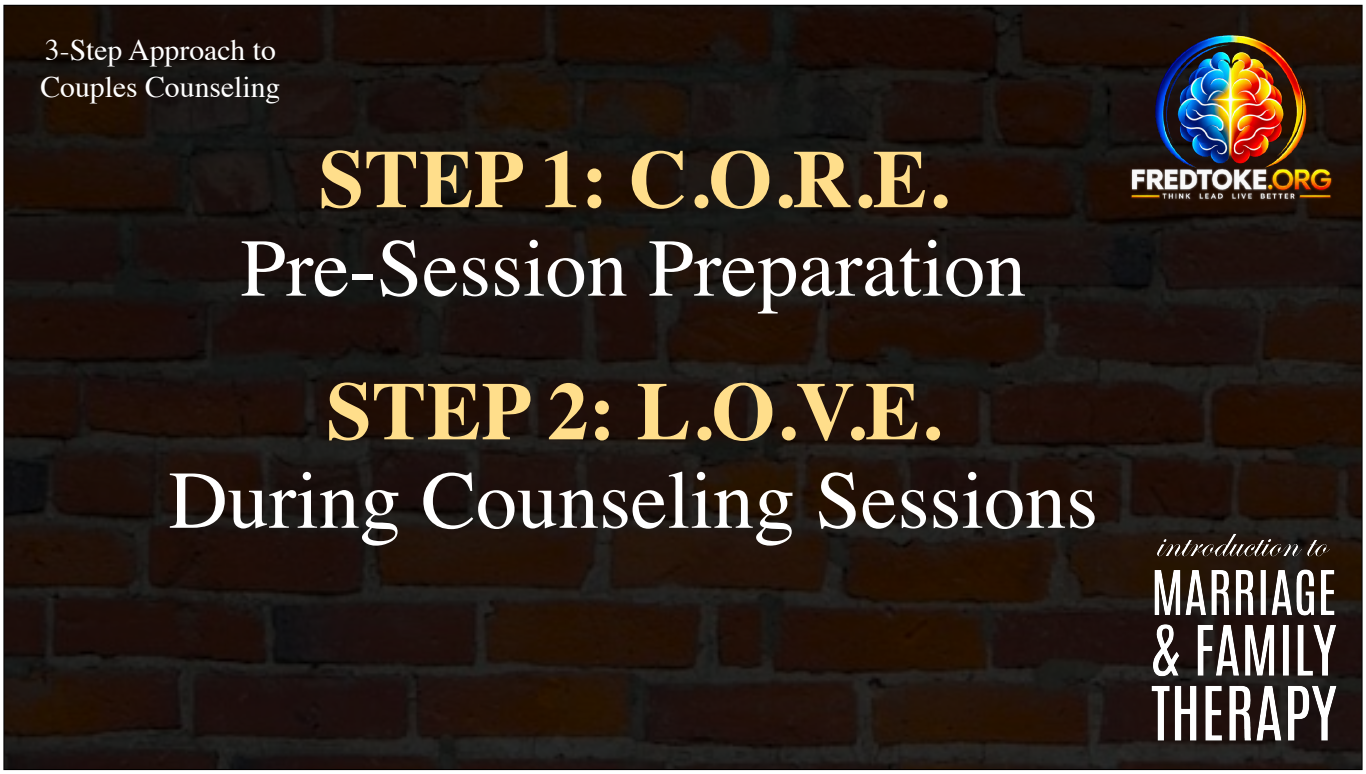
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STEP 1: C.O.R.E.
Pre-Session Preparation
STEP 2: L.O.V.E.
During Counseling Sessions
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Couples Counseling
STEP 2: L.O.V.E.
During Counseling Sessions
Listen
Observe
Validate
Explore
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3-Step Approach to Couples Counseling

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Listen Actively

Listen attentively and impartially to both spouses, seeking to understand their perspectives, emotions, and underlying concerns without judgment.

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3-Step Approach to Couples Counseling

What to Listen For in Couples Counseling

Pronouns

A

I

N



I, Me, You, We, They, and Them

These may reveal personal responsibility, emotional distance, blame, or a sense of togetherness.



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3-Step Approach to
Couples Counseling
What to Listen Fo
Couples Counseli
Pronouns
Attributions
I
N
Notice how spouses explain the causes of their conflicts. Do they blame themselves, their partners, or external circumstances? Listen for assumptions, accusations, and willingness to take responsibility.
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3-Step Approach to
Couples Counseling
What to Listen F
Couples Counse
Pronouns
Attributions
Impairments
N
Listen for emotional, cognitive, or behavioral difficulties that interfere with healthy communication and relationships, such as anxiety, anger, defensiveness, avoidance, or poor emotional regulation.
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3-Step Approach to
Couples Counseling

What to Listen For in Couples Counseling

Pronouns
Attributions
Impairments
Non-verbal cues





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3-Step Approach to
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STEP 1: C.O.R.E.
Pre-Session Preparation

STEP 2: L.O.V.E.
During Counseling Sessions

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3-Step Approach to
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STEP 2: L.O.V.E.
During Counseling Sessions
STEP 3: H.E.A.L.
Healing & Moving Forward
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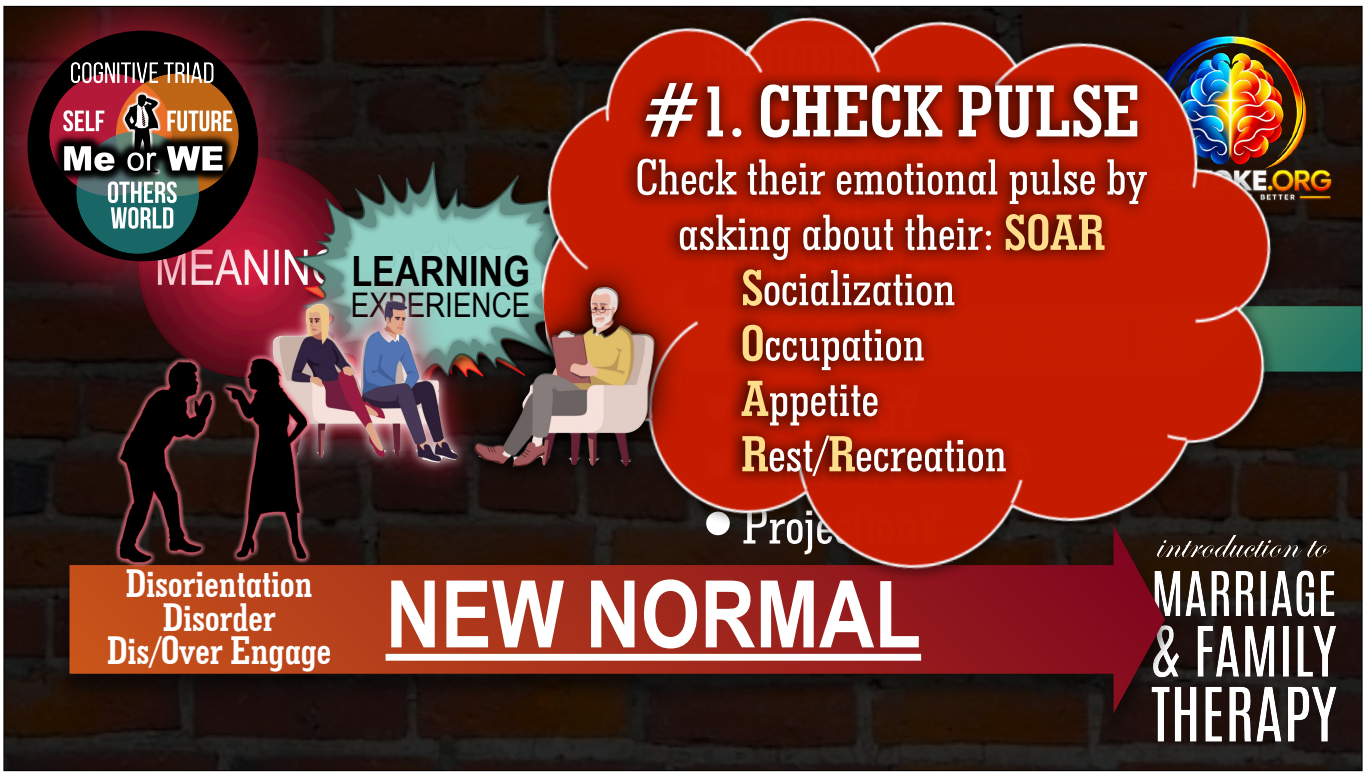
COGNITIVE TRIAD
SELF
FUTURE
Me or WE
OTHERS
WORLD
MEANIN
LEARNING
EXPERIENCE
#1. CHECK PULSE
Check their emotional pulse by
asking about their: SOAR
Socialization
Occupation
Appetite
Rest/Recreation
Proje
Disorientation
Disorder
Dis/Over Engage
NEW NORMAL
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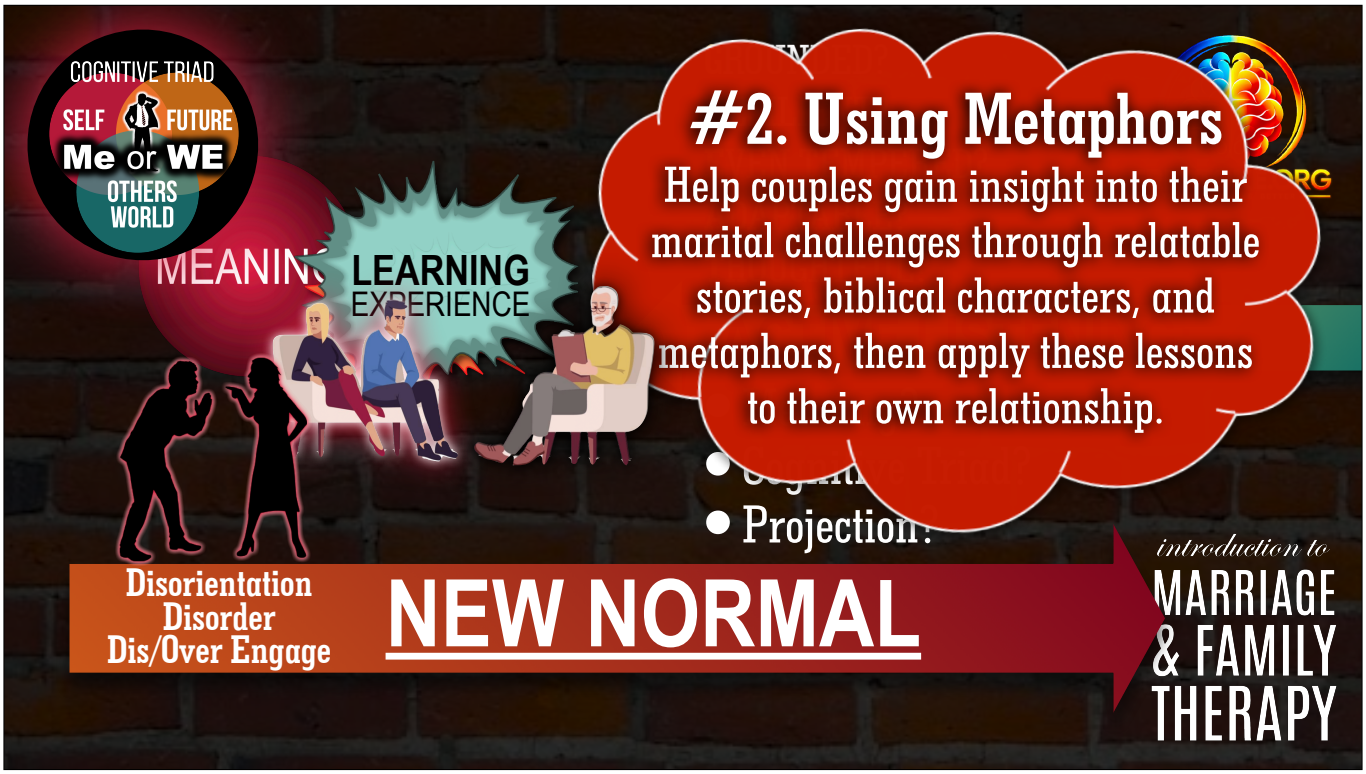
COGNITIVE TRIAD
SELF
FUTURE
Me or WE
OTHERS
WORLD
MEANIN
LEARNING
EXPERIENCE
#2. Using Metaphors
Help couples gain insight into their marital challenges through relatable stories, biblical characters, and metaphors, then apply these lessons to their own relationship.
Projection
Disorientation
Disorder
Dis/Over Engage
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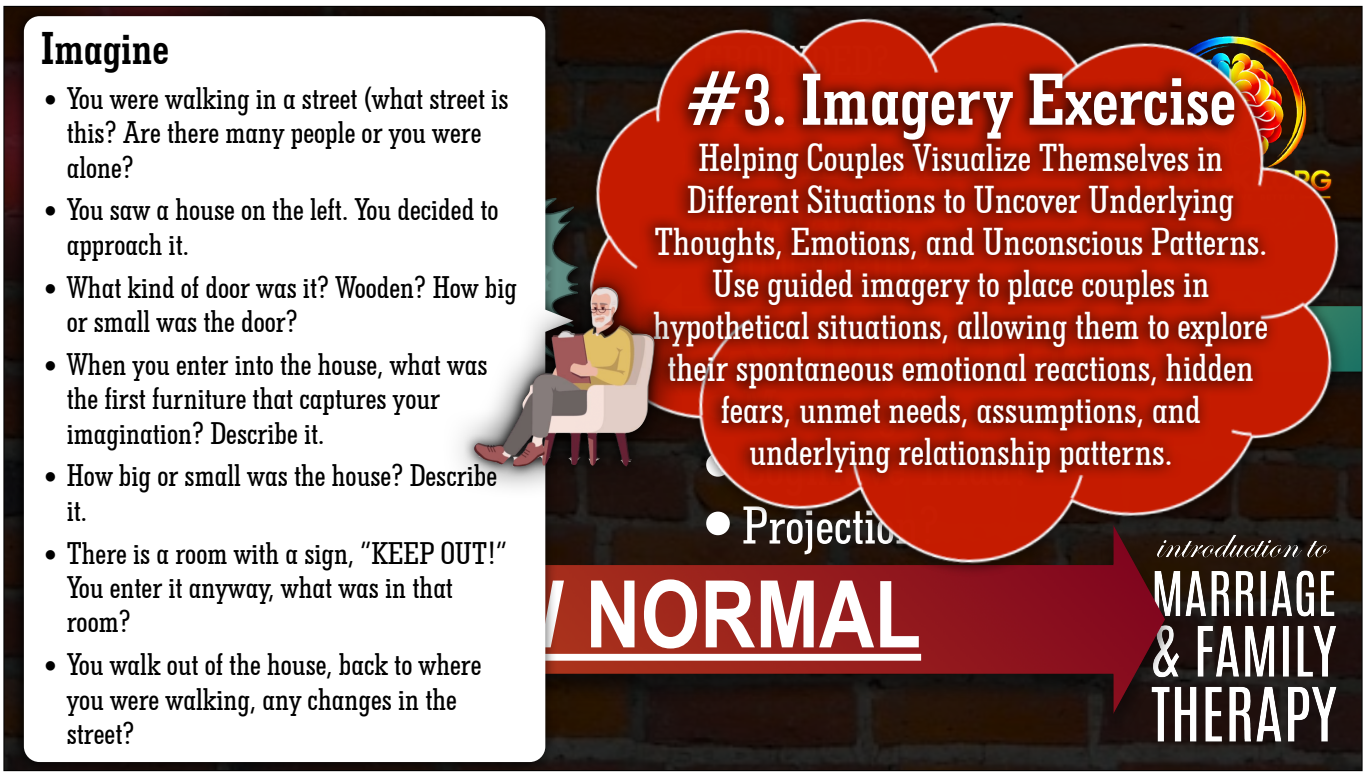
Imagine
You were walking in a street (what street is this? Are there many people or you were alone?
You saw a house on the left. You decided to approach it.
What kind of door was it? Wooden? How big or small was the door?
When you enter into the house, what was the first furniture that captures your imagination? Describe it.
How big or small was the house? Describe it.
There is a room with a sign, "KEEP OUT!" You enter it anyway, what was in that room?
You walk out of the house, back to where you were walking, any changes in the street?
#3. Imagery Exercise
Helping Couples Visualize Themselves in Different Situations to Uncover Underlying Thoughts, Emotions, and Unconscious Patterns. Use guided imagery to place couples in hypothetical situations, allowing them to explore their spontaneous emotional reactions, hidden fears, unmet needs, assumptions, and underlying relationship patterns.
Projectio
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Processing the Imagery in Couples Counseling

Imagery	Possible Areas for Exploration
The Street	Current life journey, sense of direction, social connection, or isolation
The House	Sense of self, family life, security, or personal identity
The Door	Openness, trust, boundaries, or hesitation
The Furniture	Personal priorities, memories, attachments, or significant relationships
The Interior	Perceived emotional environment, comfort, or unresolved concerns
The Forbidden Room	Avoided subjects, difficult emotions, fears, or private experiences
The Return Journey	Changes in perspective, emotional awareness, or readiness for change

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What is ONE THING

- right about your marriage?
- you appreciate about your spouse?
- you could change about your past to improve your marriage?
- you can surrender control over?
- you can start doing today?
- you can forgive or begin working toward forgiving?
- you can thank God for despite your present circumstances?
- you can do this week to make your spouse feel valued?
- worth fighting for in your marriage rather than fighting about?



#4. One Thing Exercise

Helping Couples Shift Their Focus from Problems to Possibilities. Encourage couples to identify just ONE THING they can appreciate, change, release, or do differently. This makes personal growth manageable and actionable.

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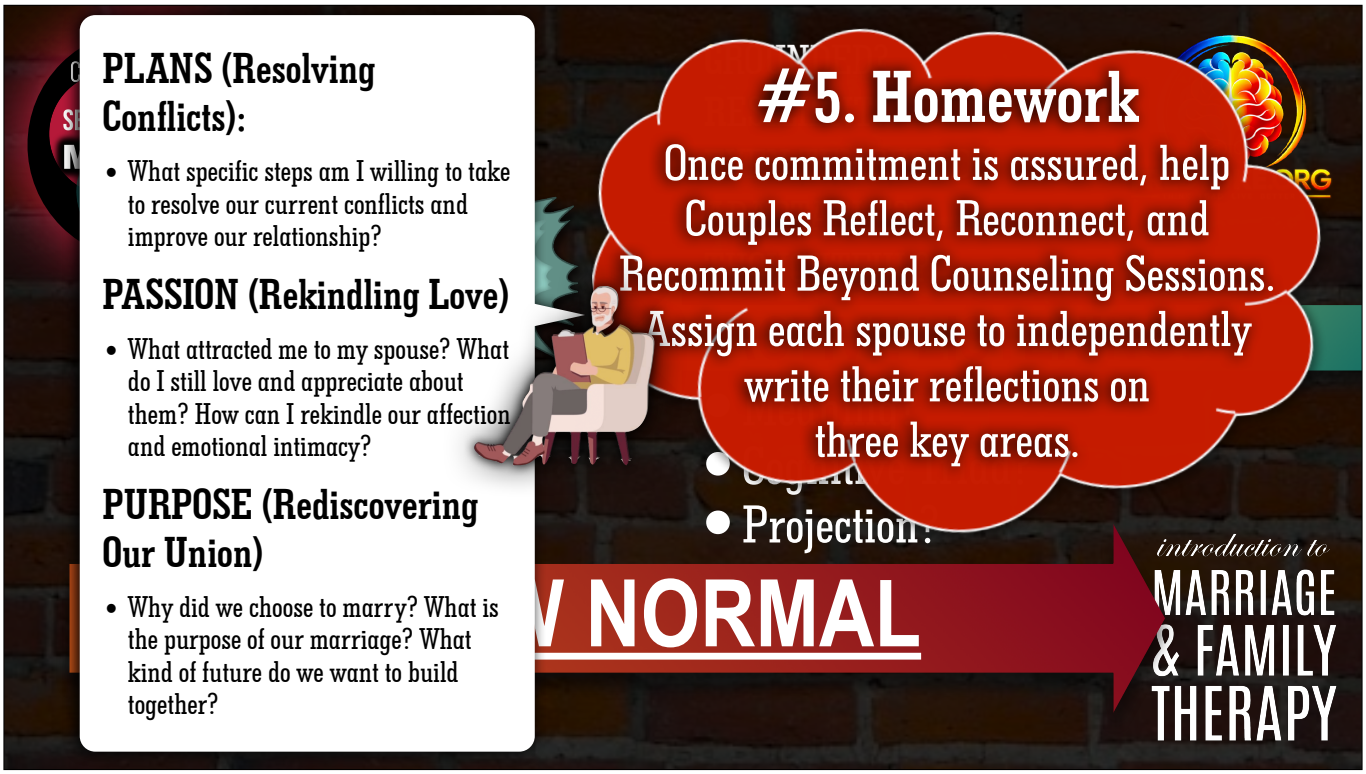
PLANS (Resolving Conflicts):
• What specific steps am I willing to take to resolve our current conflicts and improve our relationship?
PASSION (Rekindling Love)
• What attracted me to my spouse? What do I still love and appreciate about them? How can I rekindle our affection and emotional intimacy?
PURPOSE (Rediscovering Our Union)
• Why did we choose to marry? What is the purpose of our marriage? What kind of future do we want to build together?
#5. Homework
Once commitment is assured, help Couples Reflect, Reconnect, and Recommit Beyond Counseling Sessions. Assign each spouse to independently write their reflections on three key areas.
• Projection?
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COGNITIVE TRIAD
SELF
FUTURE
Me or WE
OTHERS
WORLD
MEANING
LEARNING
EXPERIENCE
#1: Check Pulse
#2: Metaphors
#3: Imagery Exercises
#4: One Thing Exercise
#5: Homework
#6: Cognitive Behavioral Therapy
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ACTIVE LISTENING:
• Meaning?
• Cognitive Triad?
• Projection?
Disorientation Disorder Dis/Over Engage
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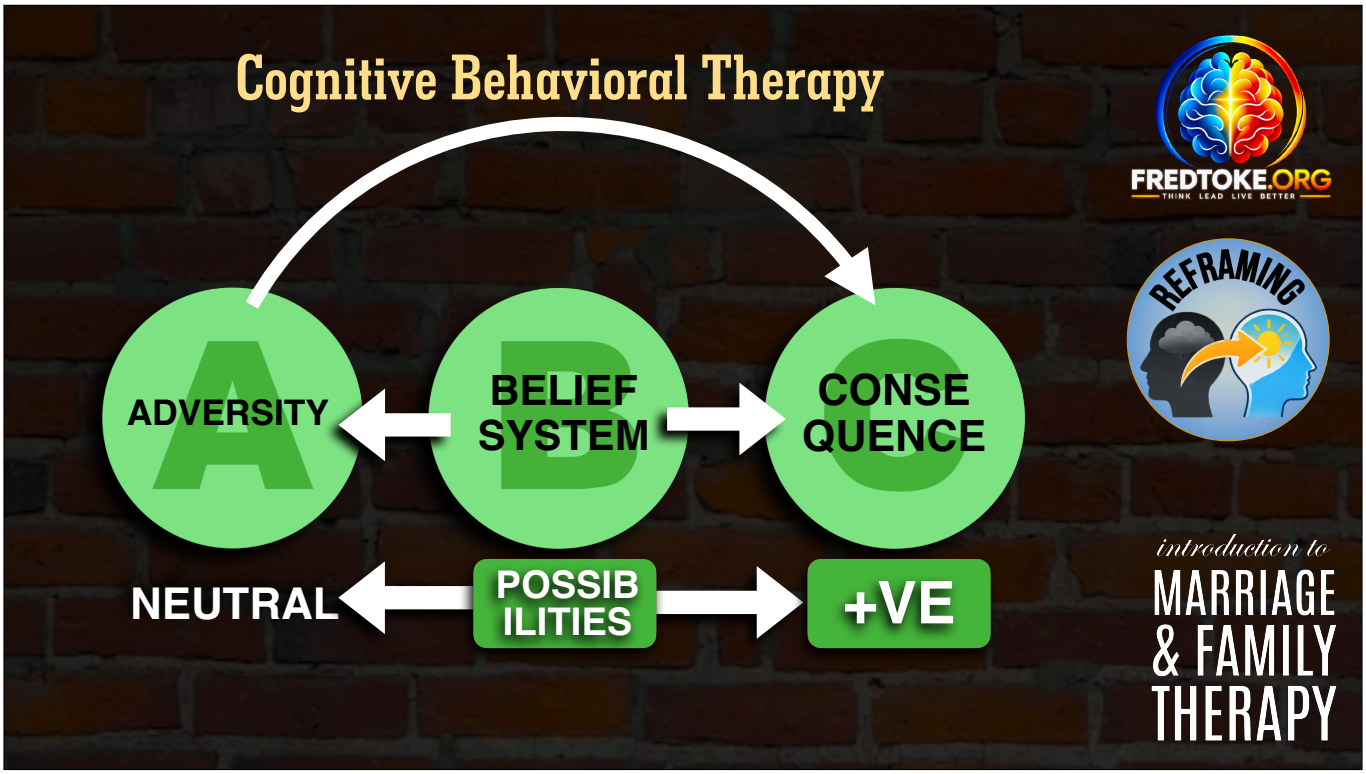
Cognitive Behavioral Therapy
FREDTOKE.ORG
THINK LEAD LIVE BETTER
REFRAMING
ADVERSITY
BELIEF SYSTEM
CONSE QUENCE
NEUTRAL
POSSIB ILITIES
+VE
introduction to
MARRIAGE & FAMILY THERAPY

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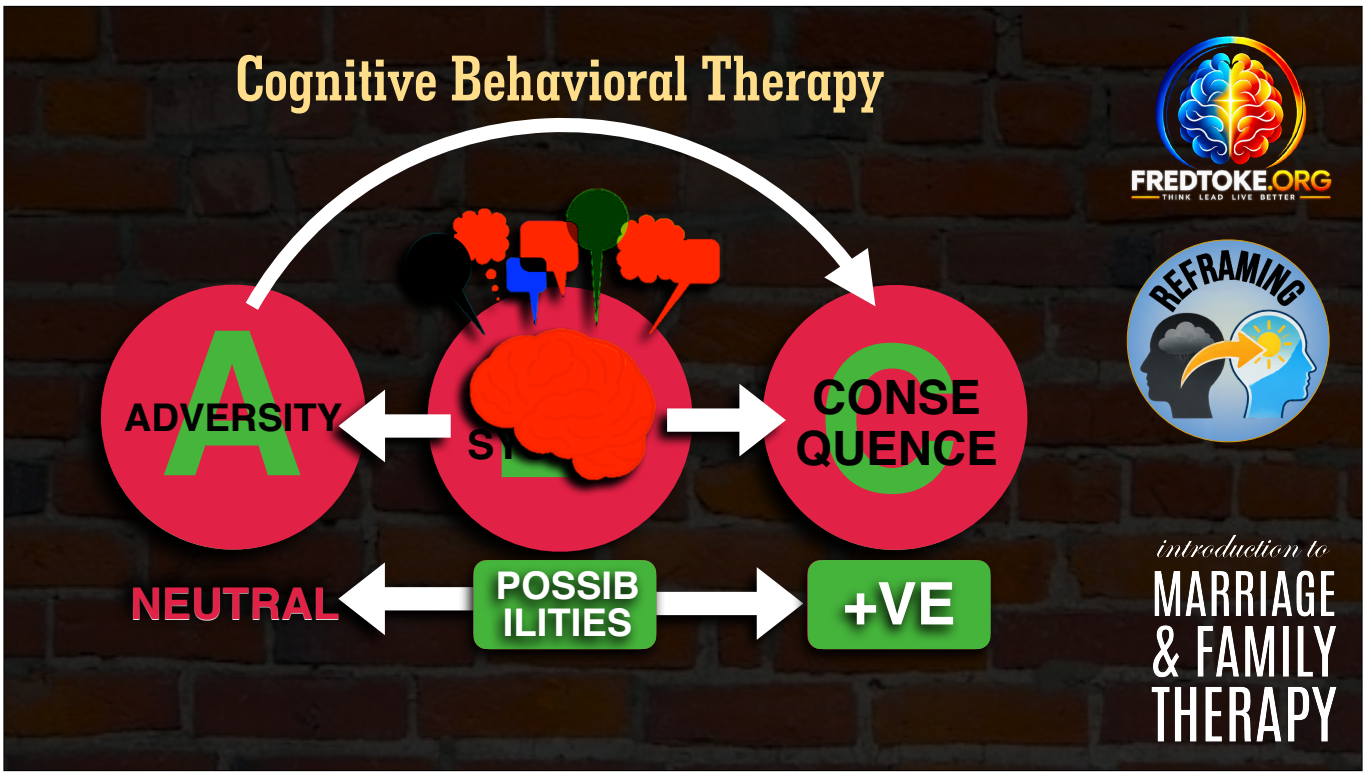
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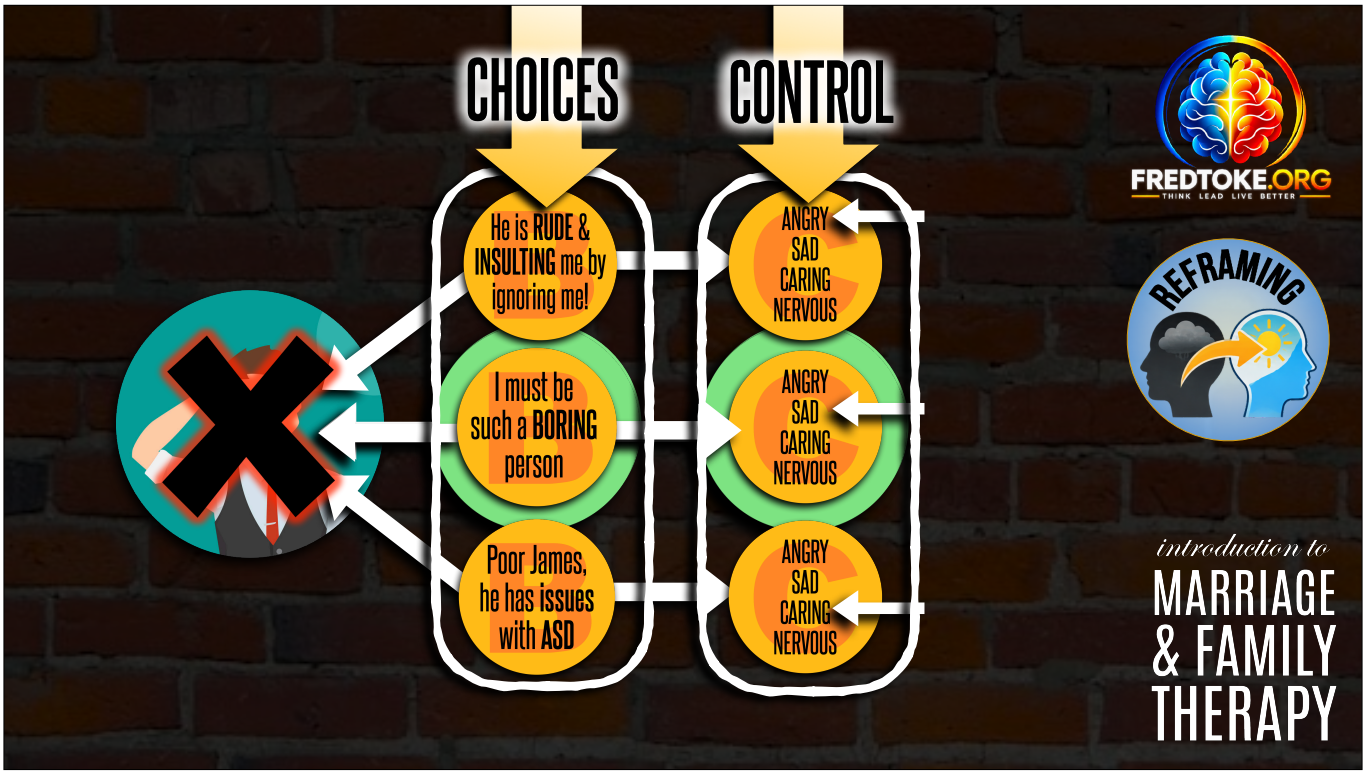
CHOICES
CONTROL
He is RUDE & INSULTING me by ignoring me!
I must be such a BORING person
Poor James, he has issues with ASD
ANGRY SAD CARING NERVOUS
ANGRY SAD CARING NERVOUS
ANGRY SAD CARING NERVOUS
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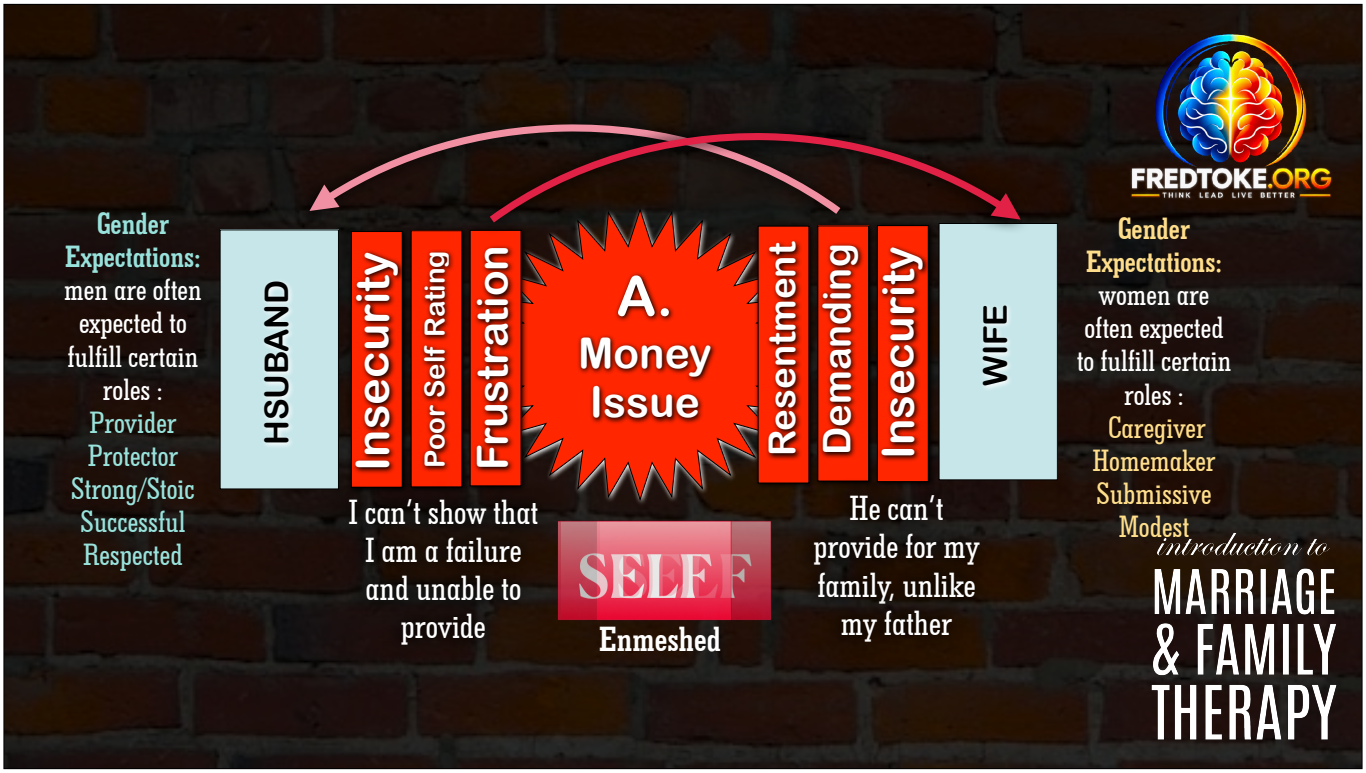
Gender Expectations: men are often expected to fulfill certain roles : Provider Protector Strong/Stoic Successful Respected
HSUBAND
Insecurity
Poor Self Rating
Frustration
A. Money Issue
Resentment
Demanding
Insecurity
WIFE
I can't show that I am a failure and unable to provide
He can't provide for my family, unlike my father
SELF
Enmeshed
Gender Expectations: women are often expected to fulfill certain roles : Caregiver Homemaker Submissive Modest
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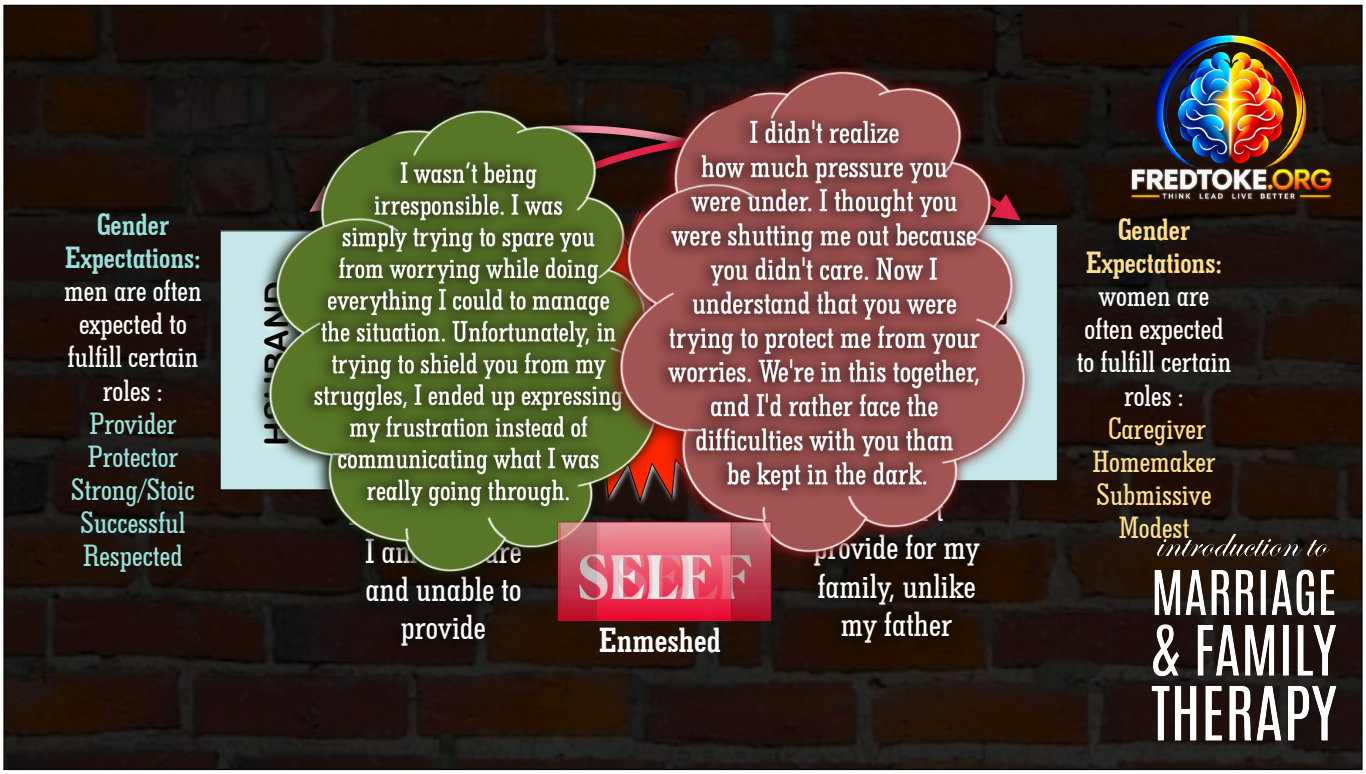
Gender Expectations: men are often expected to fulfill certain roles : Provider Protector Strong/Stoic Successful Respected
I wasn't being irresponsible. I was simply trying to spare you from worrying while doing everything I could to manage the situation. Unfortunately, in trying to shield you from my struggles, I ended up expressing my frustration instead of communicating what I was really going through.
I didn't realize how much pressure you were under. I thought you were shutting me out because you didn't care. Now I understand that you were trying to protect me from your worries. We're in this together, and I'd rather face the difficulties with you than be kept in the dark.
HUSBAND
and unable to provide
SELF
Enmeshed
provide for my family, unlike my father
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Gender Expectations: women are often expected to fulfill certain roles : Caregiver Homemaker Submissive Modest
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Gender Expectations: men are often expected to fulfill certain roles : Provider Protector Strong/Stoic Successful Respected
Regulated Healthy Boundaries Respond Thoughtfully Comfortable with Boundaries
SELF
HSUBAND
WIFE
Regulated Healthy Boundaries Respond Thoughtfully Comfortable with Boundaries
SELF
Differentiation is being CONNECTED without losing yourself. Fusion is losing yourself to stay CONNECTED.
"Despite our struggles, I choose peace over reactivity, clarity over confusion, and connection without emotional entanglement."
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Gender Expectations: women are often expected to fulfill certain roles : Caregiver Homemaker Submissive Modest
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COGNITIVE TRIAD
SELF
FUTURE
Me or W
OTHERS
WORLD
GOD
MEANING
LEARNING
EXPERIENCE
#1: Check Pulse
#2: Metaphors
#3: Imagery Exercises
#4: One Thing Exercise
#5: Homework
#6: Cognitive Behavioral Therapy
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ACTIVE LISTENING:
Meaning?
Cognitive Triad?
Projection?
Disorientation
Disorder
Dis/Over Engage
NEW NORMAL
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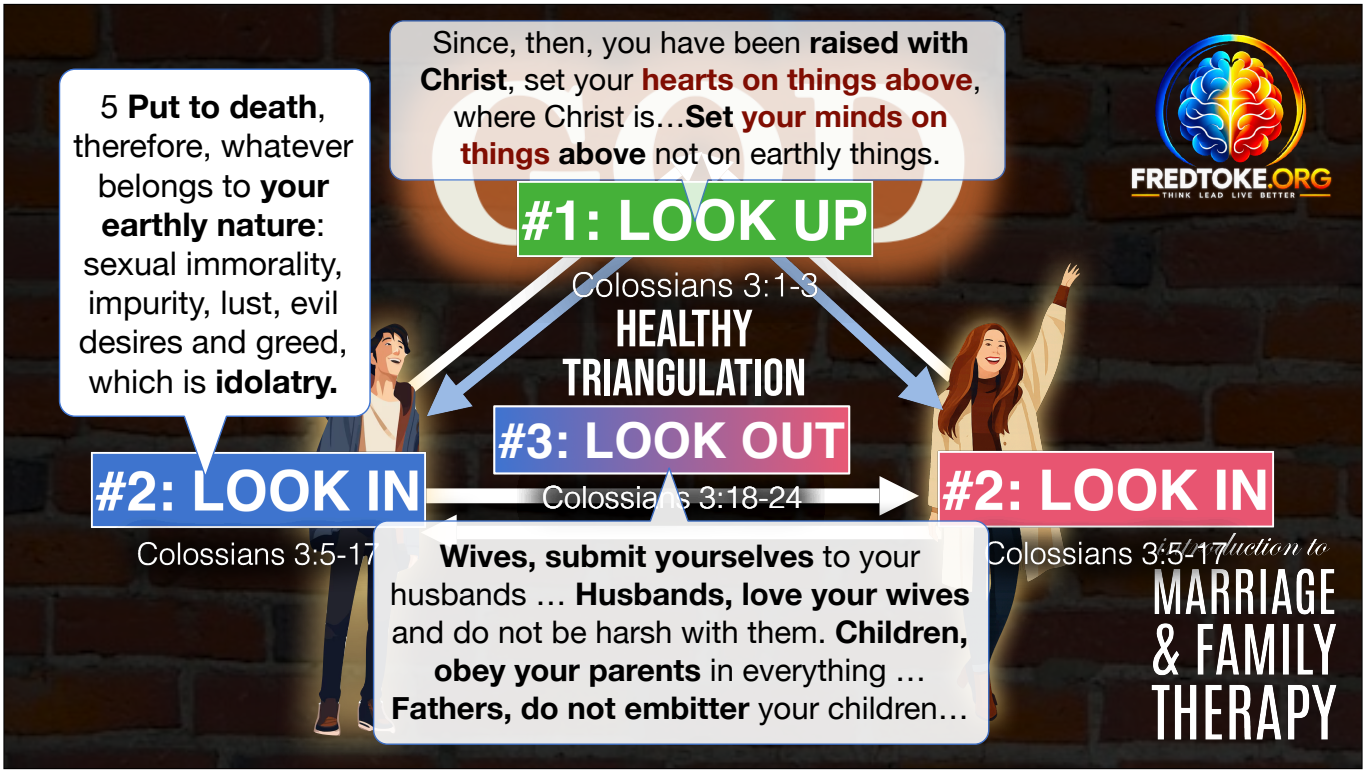
5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.
Since, then, you have been raised with Christ, set your hearts on things above, where Christ is…Set your minds on things above not on earthly things.
#1: LOOK UP
Colossians 3:1-3
HEALTHY
TRIANGULATION
#3: LOOK OUT
Colossians 3:18-24
#2: LOOK IN
Colossians 3:5-17
#2: LOOK IN
Colossians 3:5-17
Wives, submit yourselves to your husbands … Husbands, love your wives and do not be harsh with them. Children, obey your parents in everything … Fathers, do not embitter your children…
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MANAGING CONFLICT
MAINTAINING HARMONY
SPACE
PRAY:
PEACE
PATIENCE
PRUDENCE
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MANAGING CONFLICT
MAINTAINING HARMONY
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COGNITIVE TRIAD
SELF
OTHERS
WORLD
GOD
"HIM"
"I"
"WE"
"I"
#1: Check Pulse
#2: Metaphors
#3: Imagery Exercises
#4: One Thing Exercise
#5: Homework
NEW NORMAL
Meaning?
Cognitive Triad?
Projection?
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