



What Participants say about Resilient Marriage Workshops:

"The teaching and breakouts were extremely beneficial and fruitful for my wife and I."

"This workshop gave me the opportunity to share special time with my spouse."

"Loved the insight, wisdom and tools to use in our marriage."

"The BRIDGE tool taught at the workshop was massively helpful. My wife and I had a very powerful experience going through it. She shared part of her backstory that I had never heard in 22 years of marriage"

"This workshop provided intentional time with my spouse focusing on us and our marriage."

"We walked away from this workshop with a practical solution to one of our conflicts, feeling empowered that our issues CAN be worked on and confident we can resolve in a healthier way."

"I enjoyed learning specific, step-by-step tools that I could use in my marriage."

"My spouse and I laughed and drew closer. It was so fruitful for us."

"This time together opened my eyes to see that I need to be more intentional in my marriage."

"I got a better understanding of where my wife is coming from."

"This gave me language to describe my feelings."

"We were able to constructively talk about things that frustrate each other and better understand each other."

"We enjoyed laughing together and building trust on little things."

"My husband & I liked going through the steps! We connected by sharing what we are telling ourselves, how we feel, how we can take ownership."

"I felt more at ease to be vulnerable with my spouse in a setting that I hope to translate into my home."

"It helped us understand each other better."

"We laughed and enjoyed each other and meeting other couples."

"We shared honestly while still encouraging each other."

"We learned key phrases to use to de-escalate an argument or situation."

"After this workshop we can more easily recognize what triggers the other person and take steps to de-escalate"

"I loved the opportunity to dig deeper and do exercises with my spouse"

"This workshop made me realize how much more I need to verbalize my affirmation."

"As someone who struggles to identify and articulate emotions, these were very helpful tools."