



Presents

*Relational Care Intensive for Couples*

Based on material from



Intimate Life Ministries, a member of The Great Commandment Network, and



Center for Relational Care

Version 3.0

Copyright © 2017 by The Great Commandment Network

All rights reserved. No part of this book may be reproduced in any form, except for brief quotations in printed reviews, without permission in writing from the publisher. For permissions please contact the Great Commandment Network at  
<http://www.greatcommandment.net>.

## **Table of Contents**

### **Introduction**

<i>Four Questions Regarding Intimacy</i> .....	1
<i>Experiencing Relational Truth</i> .....	2
<i>Walking in the Light</i> .....	7
<i>Walking in the Light Worksheet (Homework Assignment #1)</i> .....	9

### **Aloneness and Intimacy**

<i>The First Human Crisis</i> .....	12
<i>Hebrew Words for Intimacy</i> .....	14
<i>Intimacy Defined</i> .....	15
<i>Marriage Intimacy Assessment</i> .....	16
<i>Intimacy Action Plan Overview</i> .....	17
<i>Our Intimacy Action Plan (Homework Assignment #1 &amp; #2)</i> .....	19

### **Relational Needs and Obstacles**

<i>Relational Needs Overview</i> .....	20
<i>Ten Key Relational Needs</i> .....	22
<i>Learning to Identify Needs from What People Say</i> .....	23
<i>Obstacles to Intimacy</i> .....	25
<i>Experience Gratitude for His Grace to You: A Meditation</i> .....	26
<i>Healthy vs. Unhealthy Relationships</i> .....	28
<i>Introducing Marital "Strokes"</i> .....	29
<i>Selecting the Right Marital Strokes (Homework Assignment #1)</i> .....	30

### **Emotional Responding**

<i>Emotions... How Do You Feel?</i> .....	31
<i>Increasing Your Emotional Vocabulary</i> .....	32
<i>The Emotional Cup</i> .....	36
<i>How Is the Emotion in Your Cup Being Expressed?</i> .....	37
<i>What Is Filling Your Emotional Cup?</i> .....	38
<i>Biblical Antidotes for Emptying Your Emotional Cup</i> .....	39
<i>Developing Intimacy Skills: Emotional Responding</i> .....	40



## **Table of Contents**

### **Healing Marital Hurts**

<i>Whose Log Is It Anyway?.....</i>	42
<i>What Do Your Apologies Usually Sound Like?.....</i>	43
<i>Why Do Couples Often Stumble Over Confession and Forgiveness?.....</i>	44
<i>Confession and Forgiveness Exercise.....</i>	47
<i>Marriage "Staff Meetings".....</i>	54

### **Relational Connections and Patterns**

<i>The Potential and Pain of Relational Needs .....</i>	56
<i>Intimacy Ingredients.....</i>	58
<i>Building an Altar (Homework Assignment #2).....</i>	59

### **Healing Intergenerational Wounds**

<i>Genograms: Understanding and Responding to Our Family Backgrounds.....</i>	62
<i>Guidelines for Genogram Presentations.....</i>	67
<i>For Further Reflection on Your Genogram Experience .....</i>	71

### **Thinking Patterns**

<i>Six Unhealthy Thinking Patterns.....</i>	73
<i>How These Six Thought Patterns Might Be Displayed.....</i>	74
<i>Six Unhealthy Thinking Patterns – A Closer Look .....</i>	75
<i>A Model for Renewing Your Mind.....</i>	82

### **Relational Games**

<i>Relational Games Overview .....</i>	85
<i>Six Relational Games.....</i>	86
<i>A Step-by-Step Plan for Solving Problems .....</i>	104

### **Additional Resources**

<i>Sample Goals for Continuing Growth .....</i>	108
<i>Twenty Practical Projects for Building Marriage Intimacy .....</i>	113
<i>Intimacy Inventory for Family and/or Teams.....</i>	124
<i>Ten Key Relational Needs Worksheet.....</i>	126
<i>Entering into Fellowship with His Suffering: A Meditation.....</i>	128

