



Positive Living Psychotherapy

7 PRINCIPLES FOR MAKING YOUR RELATIONSHIP WORK



The principles outlined in this group teach partners new and startling strategies for making their marriage work. This group will help couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. This group is for anyone who wants their relationship to attain its highest potential.

Thursdays 6pm–8pm
starting February 1st

**Group will meet for 8 weeks*



770-552-0333

jbassett@posliving.com

www.positivelivingpsychotherapy.com

5755 N Point PKWY STE 248

Alpharetta GA 30022



PROVEN TOOLS TO HELP COUPLES:

- *Improve friendship, fondness, & admiration*
- *Enhance romance & intimacy*
- *Manage conflict constructively*
- *Gain skills to address perpetual & solvable problems*
- *Create shared meaning*



1. Enhance Love Maps
2. Nurture Fondness & Admiration
3. Turn Toward
4. Accept Influence
5. Solve Solvable Problems
6. Overcome Gridlock
7. Create Shared Meaning



WHAT TO EXPECT

This workshop is specifically designed to help couples improve with friendship and learn powerful communication and conflict management skills. The workshop will include lectures, demonstrations, brief videos, and private couple's exercises. The activities are informative, will help you better understand yourself and your partner, and most of all fun!

And don't worry.... you will never be asked to share your personal problems in front of others. All couple's activities will be just between you and your partner and the presenter will be there to discreetly assist all couple's with any questions and concerns.

COUPLES THAT WOULD BENEFIT FROM THIS WORKSHOP

- Pre-engaged
- Engaged
- Everyone from newlyweds to seniors
- Those who wish to take their marriage from good to great
- Those needing better conflict management skills

COUPLES THAT THIS WORKSHOP WOULD NOT BE WELL SUITED FOR:

- Severe relationship distress (consider our relationship intensives)
- Emotional abuse
- Domestic violence
- Active addictions
- Those not in a relationship

Cost Investment

- Early Bird \$450
*Register before January 1, 2024
- Traditional registration \$550
*Register after January 1, 2024

Non-refundable deposit of \$200 to reserve your space. Payment in full due 1 week prior to workshop start date.

WHAT'S INCLUDED

- Two Seven Principles workbooks
- Love Maps Card Deck
- Open-ended Questions Card Deck
- Seven Principles for Making Marriage Work book



Jessica Bassett, LMFT

Licensed Marriage &
Family Therapist

I have worked with couples for several years and I can confidently say I love my career. I have completed Levels 1 & 2 of the Gottman trainings and utilize these skills in my therapeutic approach.