

## ***Couple Vitality: Connecting with Character*** **Table of Contents**

Welcome! ... 1  
Suggestions for How to Use This Guide ... 6  
Creating Couple Vitality—A Dynamic Process (Model) ... 11-12

### **Section 1: Powerfully Creating Vitality ... 13**

Section 1 Introduction ... 14  
Core Element A: Commitment to Unity ... 16  
Core Element B: Reflection and Consultation ... 24  
Core Element C: Character Growth ... 33

### **Section 2: Creating Shared Values and Vision ... 51**

Section 2 Introduction ... 52  
Vitalizer 1: Prioritizing Our Relationship ... 53  
Vitalizer 2: What Is Important to Us? ... 59  
Vitalizer 3: Where Are We Going? ... 65

### **Section 3: Creating Loving Partnership ... 72**

Section 3 Introduction ... 73  
Vitalizer 4: Establishing Our Friendship ... 74  
Vitalizer 5: Understanding Each Other ... 80  
Vitalizer 6: Respecting Each Other ... 98  
Vitalizer 7: Loving One Another ... 106  
Vitalizer 8: Appreciating One Another ... 116  
Vitalizer 9: Unifying Our Communications ... 123

### **Section 4: Creating Connecting Experiences ... 141**

Section 4 Introduction ... 142  
Vitalizer 10: Choosing to Merge ... 143  
Vitalizer 11: Enjoying Social Time ... 152  
Vitalizer 12: Sharing Laughter and Humor ... 158  
Vitalizer 13: Giving Thoughtful Service ... 166

### **Section 5: Forging Deeper Connection ... 176**

Section 5 Introduction ... 177  
Vitalizer 14: Communicating About Sex ... 178  
Vitalizer 15: Managing Our Money ... 189  
Vitalizer 16: Growing from Difficulties ... 201  
Vitalizer 17: Resolving and Rebounding ... 211

**Section 6: Expanding Beyond Us ... 222**

Section 6 Introduction ... 223

Vitalizer 18: Establishing Family Unity ... 224

Vitalizer 19: Connecting with Friends and Community ... 234

Reflecting and Consulting on Our Commitments ... 244

The Non-End ... 250

References ... 251

Expressing Our Gratitude ... 255

About the Authors and Our Contact Information ... 256