

Frequently Asked Questions

1. Will we have to share our personal problems and issues with the class?

No. The class does not include sharing problems or issues publicly. Couples exercises are done privately.

2. Must both partners attend or can I come alone?

Since the class involves couples doing exercises together, both partners must participate weekly. If a member of the couple needs to miss a class, then the other partner is encouraged to attend the lecture portion of the class. He or she may use the Couple Exercise time to do part of the exercises and then do the full exercise with their partner later. They may also use exercise time to read the Seven Principles book.

3. My partner isn't a reader. Can we still come to the class if he/she won't read the book?

Yes, still come to the class. While the book provides valuable information, the class lectures will summarize the content of the book.

4. Should we do the exercises in the book at home or save them for class?

The class will involve doing some of the exercises from the book, so doing them first at home would duplicate some of the class time and content. In class, additional directions and illustrations for how to complete the exercises will be provided. There will also be a clinician available to aid you if questions arise. There are some exercises in the book that the class will not have time to do, and couples are encouraged to do those at home.

5. What are the goals of the program?

There are two primary goals of the program. The first goal is to strengthen relationships by teaching couples to apply the seven principles. A second goal includes normalizing relational experiences that are often dealt with in isolation by couples.

6. Will this course be guided by the teachings of the Bible?

This course is not based on the teachings of the Bible. It is based on the research findings of Dr. John Gottman and colleagues. With this said, there have been people from a variety of traditions involved in the creation of the program. Drs. John and Julie Gottman practice Judaism, while one of the writers of the couple guide, Dr. Penner, is a Christian. The leaders of this seminar come from a Christian background and may draw upon resources from our traditions. Regardless of the backgrounds of the creators and presenters of this program, this course has been designed for and will support people regardless of and without discrimination based on race, religion, class, culture, sexual orientation, or ethnicity. All participants are encouraged to draw upon the resources inside and outside the program to aid them in meeting their personal relationship goals.