



WITH THIS RING....WE PLAN!

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Why this lesson?



Activity 1 ~ Dream Big, Plan Real

- Think about everything you'd like to include
 - in the activities leading up to your wedding,
 - on the day of your wedding, and
 - during your honeymoon, if you plan to take one



Activity 2 ~ Money Doesn't Grow on Trees

- Using the 3 to 5 most important items identified during the Dream Big, Plan Real activity
 - Estimate how much each activity will cost
 - Discuss with a partner alternatives for managing the cost of these items



Activity 3 ~ You Can't Live on Love Alone

- “Once upon a time...”

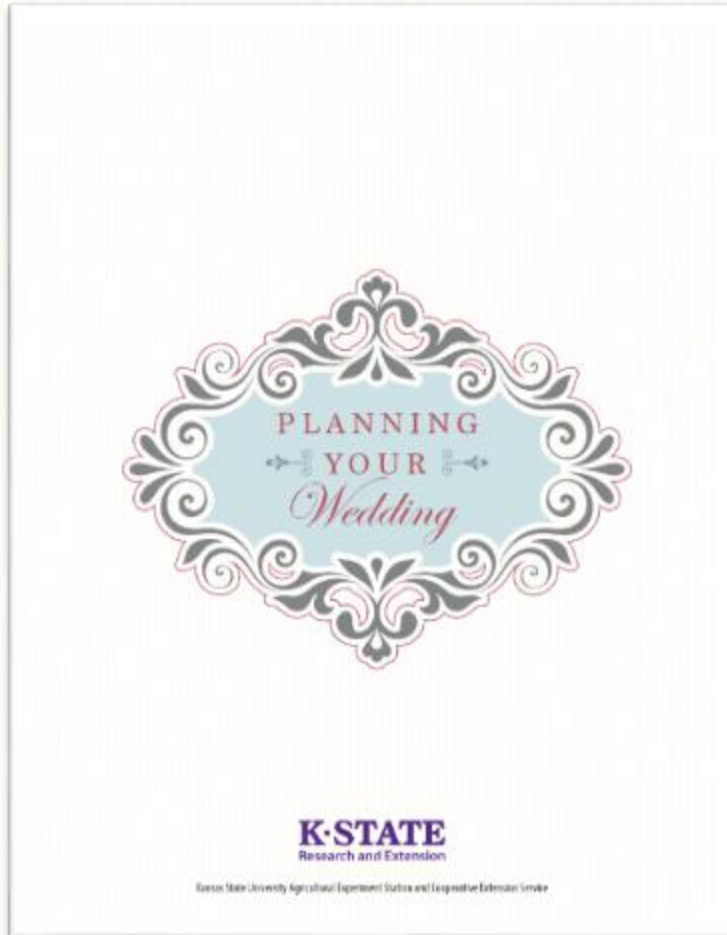




THE
Wedding
SPENDING GAME



Other Resources ~ MF 3380 and MF 3223



FAMILY AND CONSUMER SCIENCES
ANNUAL LESSON SERIES 2016

CoupleTALK: Enhancing Your Relationship
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K-STATE
Research and Extension
Fact Sheet

Intimate relationships take hard work. They do not just happen — they require constant attention. But people rarely think about how they communicate with loved ones until there is a conflict. A relationship can become stronger and more satisfying by:

- focusing on your friendship with the other person,
- recognizing when your partner wants to connect with you and responding in ways that increase your connection with each other, and
- learning how to manage your differences to protect your relationship.

The Power of Friendship
Strong friendships are important in people's lives, and they are especially important in marriages and intimate relationships. However, sometimes keeping a friendship with a partner can be more difficult than with a friend. If a couple has developed a strong friendship with each other, it can carry them through the tough times in their lives. How do you build a friendship with your partner?

Share everyday happenings with each other.
When you communicate with a friend, you may share the small details of your life and your feelings, too. The same thing needs to happen in an intimate relationship, regardless of how long you have been together. Couples who have lived together for many years may think they know everything there is to know about the other person. But you change over time. Unless couples continually share, your partner may have no idea how you have changed in your thinking and your reactions to the world around you. Young couples who have an active and growing family may think they do not have time to share and spend time together. That can be dangerous to their relationship because they may find themselves growing apart and not turning to each other when things get tough. Having a deep friendship helps you turn toward, rather than away, from that special person during both good and bad times.

Show fondness and admiration. Sometimes it is easier to criticize and find fault, rather than recognize positive qualities about the special person in your life. Expressing fondness, encouragement, admiration, and appreciation toward each other — often in small and unexpected ways — goes a long way in maintaining strong couple relationships. Expressing simple sentiments such as these can make a difference: "Thank you for helping out." "That was nice of you to call my mother."

Good relationships are more easily maintained when there are five positive interactions for every one negative interaction. This 5:1 ratio helps keep a relationship out of trouble over time.

Showing kindness and admiration are difficult when people begin to put a negative spin on their history together. It takes effort to stop the negative thoughts and remember the good times and how valuable that person was to you in times past. Forcing yourself to have positive thoughts about your partner when you are apart helps set the stage for more positive interactions when you are together.

The Power of Turning Toward Each Other
A person can reach out for connection with his/her special partner by saying something when the other person is not necessarily expecting it or making a

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

Who is this lesson for?



Where might you teach it?



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- Robin Eubank-Callie
- Beth Ireland
- Charlotte Shoup Olsen, Ph.D.





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