



ELEMENTS OF YOUR KIT FOR THIS DINNER PARTY TO KEEP THE RELATIONSHIPS ALIVE IN THE COUPLE

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AMONG THE ELEMENTS OF THE TABLE OF CONTENTS

REMINDER OF THE BASIC ELEMENTS OF ANY HUMAN RELATIONSHIP

WHY THINGS OFTEN “TURN SOUR” WITHIN COUPLES

THE LIFE CYCLE OF HUMAN RELATIONSHIPS AND THE NEED TO
TAKE IT INTO ACCOUNT

BE ABLE TO IDENTIFY THE CONFLICTS TO KEEP THE RELATION-
SHIPS ALIVE

UNDERSTAND WHAT THE CONFLICTS ARE

DO YOU KNOW HOW TO DETECT CLOUDS WHEN YOUR
RELATIONS WITH OTHERS START DETERIORATING ?

YOUR ACTION PLAN TO KEEP THIS/THESE RELATIONSHIP(S) ALIVE
