

## MARRIAGE WORK MODEL IN COUPLES' WORK

### EDUCATE

#### Getting to Know Yourself as a NeuroDiverse Couple

- What is Autism?
- What are the challenges specific to a ND couple?
- Why is it difficult to connect?
- Individual work and journey (identification, grief, self-control, boundaries, self-care)
- What are your triggers? traumas?
- Acceptance and Reframing as a ND couple
- Meetings are separate and joint: Safety matters!
- Additional coaching, if needed, with Dan (understanding your identification, acceptance of AS)

#### Required Courses and Podcasts:

- NeuroDiverse Couples: Struggling to Connect
- Neurobiology of Autism
- Couples' Interviews (Part 1 and 2) Lessons from those Married and Divorced
- Podcast Season 1, episodes 1-6
- Just the Guys! Hear about work-life balance, priorities, and a later in life diagnosis.
- For AS women, the AS Female Phenotype
- Recommended:
- Autism Basics

### EQUIP

#### Unlearning and New Learning, How is Trust and Safety?

- Is your marriage theology based on Scripture? Is your concept of headship and submission legalistic and rigid or loving and relational?
- Sowing & Reaping: Behaviors have Consequences
- Active Listening and Receiving Feedback
- Reducing tension and stress, owning, and learning your emotional regulation
- Pause, Break, Table – communication techniques
- Trigger Mapping
- Attachment, Repair, Re-Friend
- Remove love busters
- Communication Skills

#### Podcasts:

Emotional Fitness, Relationship Foundations, Power of Words, Power of Love, Growing Emotional Intelligence, Co-Regulation, Difficult or Destructive?, Does your marriage glorify God?, Q&A with Bruce CE Fleming, Attachment and Relationships, Communication is Key, Communication Tools, Predictive Coding, What can expect to change? Stress Management, One man's quest to be a better husband, Key ingredients to a God honoring marriage, Theory of Mind and relational blind spots, Becoming an emotionally safe man, Escaping Enemy Mode, Trauma-informed therapy, Why safety matters

## Books you may be asked to purchase:

- Thanks for the Feedback by Stone and Heen
- Emotionally Healthy Relationships and Communication Course
- I hurt! Morais
- Escaping Enemy Mode- Wilder
- Servant Marriage- Weiss

## EFFECTIVE STRATEGIES

Becoming the Couple we want to be, not who we have become

- What is my part or contribution?
- Now that I know who we are, what are realistic expectations?
- Restoration
- What does connection mean to each of us?
- Compromise and Collaboration
- Quality Communication and Time Together
- Couple to Couple Counseling

## Podcasts as Recommended:

- Conversation Starter Cards- NeuroDiverse Love (Podcast about the cards)
- Love Needs- Garrett & Garrett
- Joy Starts Here- Wilder

## ENDURE & ENERGIZE!

From Surviving to Thriving!

- Build or Rebuild Sexual Intimacy
- Maintaining the Relationship
- Managing Relapse or Old Patterns
- Stay accountable!

## Podcasts:

- Sexual Intimacy, Communication is Key to Healthy Sexual Intimacy, Ask an Expert: Amanda and Andrew Scott
- Books: Total Intimacy- Rosenau
- Gottman's 8 Dates- Gottmans

*If there has been sexual addiction or porn use, additional modules are recommended. Additional help may be required.*

- Doing your work and doing weekly homework of some kind is required.
- It has taken you years to get here; it will take time to learn, heal, and grow!
- We reserve the right to pause work or change course as needed per couple needs.
- If there is ever a safety issue, safety comes first.
- If you have additional mental health concerns, you will need a mental health provider.
- Groups form throughout the year for men, women, and couples, Ask!
- Additional modules are being added, which may not be reflected.
- If there are struggles with legalistic definitions of headship, there are modules to address this as well to discuss Servant Leadership.