**Trust & Love Languages**

*Prior to starting, ensure that you have viewed the homefun assignments so you can confidently review them with the client.*

***Hi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

Welcome back to the session today. We are currently in session 4 of 10 sessions. Today we will talk about trust in relationships and what are the five love languages. Before we begin with our warm up exercise, I would like to check in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

***Let’s start off with our warm-up based on positive psychology….***

* *(If needed: The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.)*
  + *How has another person shown that they care about you within the past week?*
  + *What has happened this week that has been exciting?*
  + *Describe something fun that you did today.*
  + *What was something nice you said to someone this week?*
  + *Describe something that made you laugh this week.*
  + *Describe something you were thankful for this week.*
  + *What was a challenge you overcame this week?*
  + *What was something that made you feel happy this week?*

**Ok so let’s spend some time discussing the worksheets from last week:**

* Relationship Conflict Resolution (handout)
* Equality/Non Violence (handout)

**Relationship Conflict Resolution Q):** Overall thoughts? Was there anything surprising for you? Anything notable?

**Summary Points of Relationship Conflict Resolution Handout:**

* Focus on the problem, not the person
* Use reflective listening
* Use “I” statements
* Know when to take a time out
* Work toward a resolution

**Equality/Non Violence** - Last week during session 3, we reviewed the Equality/Non Violence in relationships wheel and discussed what it meant. **Q):** **I wondered if you had any further questions about it?** (\*Participants may not have anything to say since the wheel was reviewed within session 3 last week...handout was just for the participant to review).

**Ok so let’s spend some time discussing the video from last week.**

**Brené Brown Braving - A talk on the anatomy of trust - 10:00 MINS**

https://www.youtube.com/watch?v=G72JWvqdNLA

***Let’s review the* Brené Brown *video on The Anatomy of Trust…***

**I have a few questions for you:**

***Q) What were your overall thoughts on the video? Anything that stood out for you?***

***Q) Do you remember what the acronym of BRAVING stands for?***

***Q) Considering the BRAVING acronym for trust - Which part of BRAVING is a strength for your relationship, and which part of BRAVING is an area of growth for your relationship? (e.g. Boundaries are something my partner and I do really well at...whereas Non-judgment is something we need to work on…)***

**What is trust?** What do we talk about when we talk about trust?

* Definitions by Charles Feltman:
* **Trust** is choosing to make something important to you, vulnerable to the actions of someone else.
* Distrust is what I have shared with you that is important to me is not safe with you.

Trust acronym is **BRAVING..when we trust, we are Braving connection with someone.**

**(\*To make this activity interactive, try to see if participant remembers what each letter stands for and then ask for an example from their life...if they cannot remember, offer them the definition of the letter and then again, see if they can think of any examples in their personal life\*)**

**Example:**

**Q): What did the letter “B” stand for in the BRAVING acronym?**

**A): Boundaries**

**Q): And, I’m wondering if you have an example of what a boundary is in your life or just generally?**

**A): To me, boundaries means...**

**B - Boundaries:** “I trust you if you are clear about your boundaries and you hold them and you are clear about my boundaries and you respect them….there is no trust without boundaries”

**R - Reliability:** “I can only trust you if you do what you say you are going to do, and not once, but over and over again…you cannot gain and earn my trust if you are reliable once… in our working lives we have to be very clear on our limitations so that we don’t take on so much that we come up short and don’t deliver on our commitments...in our personal lives, it means the same thing”

**A - Accountability:** “I can only trust you, if when you make a mistake you are willing to own it, apologise for it and make amends...I can only trust you if when I make a mistake, I am allowed to own it, apologise and make amends...no accountability, no trust”

**V - the Vault:** “What I share with you, you will hold in confidence. What you share with me, I will hold in confidence...in our relationship, I see that you acknowledge confidentiality...you respect my story but you also respect other people’s stories”

**I - Integrity:** “I cannot trust you and be in a trusting relationship with you if you do not act from a place of integrity and encourage me to do the same. What is integrity? Integrity is: 1. Choosing courage over comfort 2. Choosing what is right over what is fun, fast and easy 3. Practicing your values, not just professing your values.

**N - Non-judgment:** “I can fall apart and ask for help and be in struggle and not be judged by you, and you can fall apart and ask for help and not be judged by me...real trust does not exist unless it is reciprocal and non-judgment”

**G - Generosity:** “Our relationship is only a trusting relationship if you can assume the most generous thing about my words, intentions or behaviours and then check in with me...so if I screw up, say something, forget something, you will make a generous assumption about me”

***Braving*** is the anatomy of trust...and its complex.

**Q): Why do we need to break it down?**

“For a very simple reason...if you have ever struggled with trust in a relationship...what you end up saying is “I don’t trust you” but what does that even mean? How do we talk about trust if we cannot break it down. What understanding trust gives us is words to say “here is my struggle...you are not reliable with me” Or maybe the issue is non-judgement...but we can break it down and talk about it and ask for what we need very specifically instead of using this huge word that has tons of weight and value around it, we can say “here specifically is what is not working””

**Love Languages**

**\*What are love languages and why are they important?\***

**Information/quotes retrieved from: https://www.mindbodygreen.com/articles/the-5-love-languages-explained**

“The five love languages are five different ways of expressing and receiving love: words of affirmation, quality time, receiving gifts, acts of service, and physical touch. Not everyone communicates love in the same way, and likewise, people have different ways they prefer to receive love.” Gary Chapman developed the idea of love languages and has written extensively on it. Whilst we all generally have one love language that we connect to the most, we do also connect to the others in varying degrees. Knowing and discovering your love language and ‘speaking’ that language on a regular basis, may develop a better understanding between your partner and your needs and allow for you to support each other.”

So what are the love languages and which one do you connect with the most….

1. **Words of Affirmation**

“People with words of affirmation as a love language value verbal acknowledgments of affection, including frequent "I love you's," compliments, words of appreciation, verbal encouragement, and often frequent digital communication like texting and social media engagement.”

**Q) What are other examples of words of affirmation?**

1. **Quality Time**

“People whose love language is quality time feel the most adored when their partner actively wants to spend time with them and is always down to hang out. They particularly love when active listening, eye contact, and full presence are prioritized hallmarks in the relationship.”

1. **Acts of Services**

“If your love language is acts of service, you value when your partner goes out of their way to make your life easier. It's things like bringing you soup when you're sick, making your coffee for you in the morning, or picking up your dry cleaning for you when you've had a busy day at work.”

**Q) What are other examples of acts of services?**

1. **Gifts**

“Gifts is a pretty straightforward love language: You feel loved when people give you “visual symbols of love,” as Chapman calls it. It's not about the monetary value but the symbolic thought behind the item. People with this style recognize and value the gift-giving process: the careful reflection, the deliberate choosing of the object to represent the relationship, and the emotional benefits from receiving the present.”

1. **Physical Touch**

“People with physical touch as their love language feel loved when they receive physical signs of affection, including kissing, holding hands, cuddling on the couch, and sex. Physical intimacy and touch can be incredibly affirming and serve as a powerful emotional connector for people with this love language.”

**Q) What do you think your main love language is, how do you know?**

**Q) What love language do you think your partner would say they most connect with?**

**(\*Have a discussion about the relevance of the different love languages in their relationship\*)**

**(\*If you are interested in taking a ‘test’ to find out your love language, you can find a free one at:** https://www.5lovelanguages.com/quizzes

**HOMEFUN:**

**Video:**

**How to Improve Communication with your Spouse - 14:00 MINS**

https://www.youtube.com/watch?v=c5AJbOd794U

**Read and work on:**

* Enneagram personality test
  + [*https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gclid=CjwKCAjw3MSHBhB3EiwAxcaEu\_zg74J4m\_yW5xcmEQQJkVZXclw1\_w\_LtJmFfJIBjVEe2Jk3cqqVfBoCoB0QAvD\_BwE*](https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gclid=CjwKCAjw3MSHBhB3EiwAxcaEu_zg74J4m_yW5xcmEQQJkVZXclw1_w_LtJmFfJIBjVEe2Jk3cqqVfBoCoB0QAvD_BwE)
  + *The test will ask you to pay for your results, no need to do so. Instead, note down your “Type” (e.g. Type 3) and then read up on your Type specifically on the website at the following link: https://www.truity.com/enneagram/9-types-enneagram*

**Check out –** Mood 1-10 & Discuss Session Takeaways

**End of Session 4**

# **EMAIL Client**

**MFFS 10-Week HIR course – Session 4**

Hi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It was great to be with you for session 4 today. The goal of this program is for you to obtain skills and knowledge to develop Healthy Intimate Relationships to improve your day-to-day intimate relationships.

**Our homefun this week is:**

1. Watch:
   1. **How to Improve Communication with your Spouse - 14:00 MINS**

https://www.youtube.com/watch?v=c5AJbOd794U

* + 1. ***What are the main points of this video?***
    2. ***What skills/strategies did I learn?***
    3. ***How can I apply these skills to my own situation?***

1. ***Complete this enneagram personality test (ask your partner to do it with you)***
   1. [*https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gclid=CjwKCAjw3MSHBhB3EiwAxcaEu\_zg74J4m\_yW5xcmEQQJkVZXclw1\_w\_LtJmFfJIBjVEe2Jk3cqqVfBoCoB0QAvD\_BwE*](https://www.truity.com/test/enneagram-personality-test?ppcga=fixed&gclid=CjwKCAjw3MSHBhB3EiwAxcaEu_zg74J4m_yW5xcmEQQJkVZXclw1_w_LtJmFfJIBjVEe2Jk3cqqVfBoCoB0QAvD_BwE)
   2. *For full detailed enneagram results, you will have to pay - instead note down your “Type” and read up on your Type at the following link: https://www.truity.com/enneagram/9-types-enneagram*

**Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support.**

Warm regards,

Your Name