



## A Taste of Marriage 101

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### Our plan



- Relational Self-Awareness 101
- Dating
- Sex
- Conflict
- 10 secrets to success
- Q+A

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**Relational Self-Awareness (RSA)**

An ongoing curious and compassionate relationship with yourself that serves as the foundation for a happy and healthy intimate relationship.

*Becoming what you are seeking.*

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love template

The internalized map of relational beliefs, roles, expectations, and schemas that shape how you "do" love

Your past will come with you. The only question is, how brave will you be?



Seven horizontal lines for writing.

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Micro:  
We become  
who our  
families need us  
to be



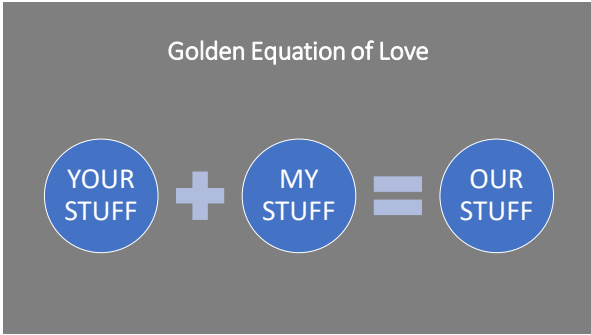
Seven horizontal lines for writing.

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Seven horizontal lines for writing.

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Self-compassion (k. Neff)



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Boundaries

Type of boundary	Input	Output
Porous	Doormat	Controlling
Rigid	Isolated	Aloof
Healthy	Protected	Connected

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### Dating is a crucible

- Practice RSA with dating apps
- People take time to unfold... you do too!
- Shift from "Do they check the boxes?" to "How do I feel about this story?"



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### Ghosting

- Why you shouldn't ghost
- What to do instead
- What to do if/when you are ghosted



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### Sexual Self-Awareness

- Your sexual self is an integral aspect of who you are as a person
- The dynamic, unfolding story of your relationship with the erotic



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Be a lifelong learner about sex

You... and your partner(s)... deserve it!

"I believe that learning sex from porn is like learning how to drive by watching *The Fast and the Furious*. A fucking terrible idea." (Jameela Jamil)



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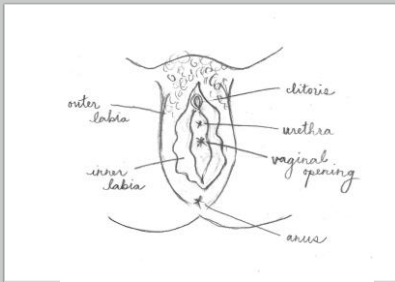
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External Female Genitalia



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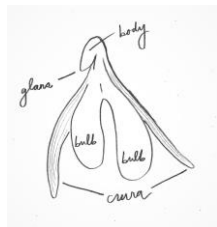
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The clitoris is not a button, it is an iceberg. (Sophia Wallace)



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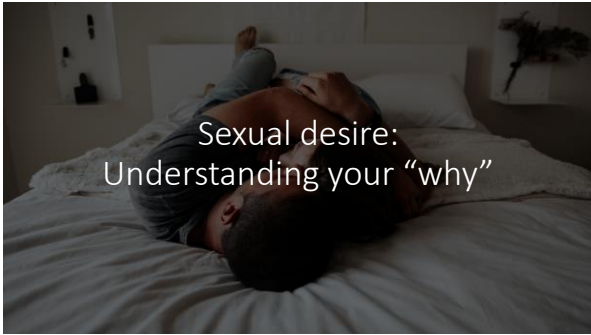
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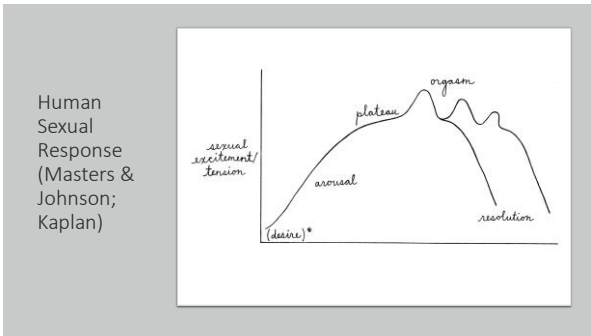
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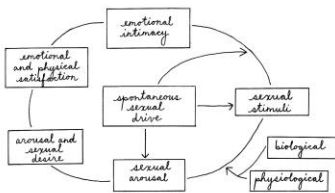
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updated view of female\* sexual desire (Basson, 2007)



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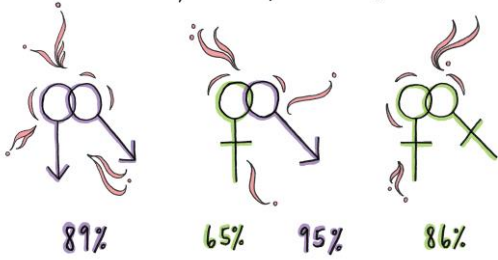
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"I usually or always reach orgasm."



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5 key conflict skills

- I statements
- Tell the story from the perspective of a neutral 3<sup>rd</sup> party who loves you both very much
- WWBD
- XYZ statement
- Time out



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1. Don't ghost	Leave people better than you found them.
2. Don't put your past in a box	Your wounds can become your superpowers.
3. Don't block love	Receiving is essential!
4. Don't retreat	Lean into your vulnerability.
5. Don't settle for lousy/mindless/disconnected sexual experiences	Let pleasure, play, and mutuality be your guides.
6. Don't get stuck in the gender binary	You get to be tough and tender, assertive and passive, a leader and an allowee.
7. Don't get lost in blame and shame	Live by the Golden Equation of Love
8. Don't sweep relationship problems under the rug	You don't have to know where the conversation will end when you begin.
9. Don't be afraid of therapy.	Love is hard because it's hard, not because you're broken.
10. Don't ignore power dynamics.	Explore how each of you relates to the wind

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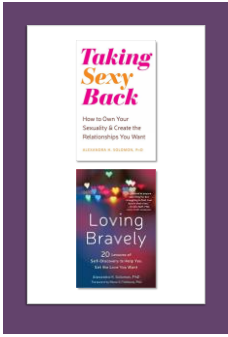
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keep in touch

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