



QUANTICO

# FAMILY ADVOCACY PROGRAM

NEWSLETTER

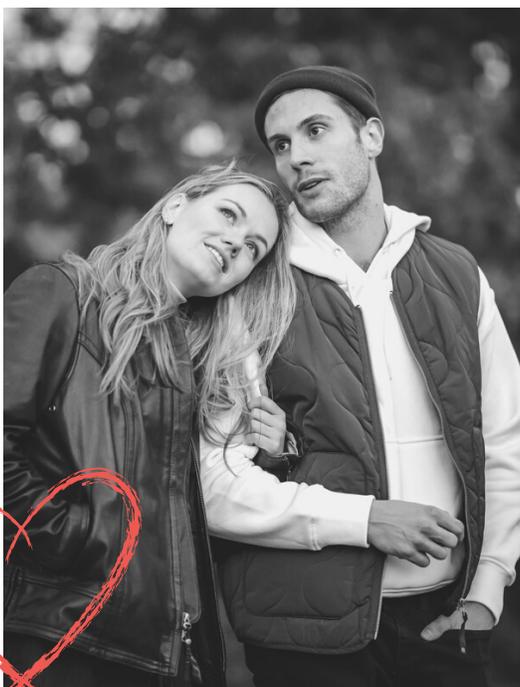
February 2024

## What's the State of Your Union?

**Check ins, so no one checks out.**

How do you maintain the closeness of your relationship with your partner? How do you keep small issues from becoming catastrophic? How do you know what your partner is feeling or how does your partner know what you're feeling about the relationship? If your answer is "I don't know," maybe it's time to start thinking more about these questions, for the sake of your relationship.

Check-ins could solve the answers to those questions. Check-ins are regularly scheduled, intentional meetings between partners to see how they're each feeling, discuss what they believe is working or not working in the relationship and addressing smaller issues in the relationship before they explode. This is also a great bonding tool, enhances couples' communication and allows for emotional safety in the relationship.



Think of check-ins as a "state of the union" meeting for couples. And make no mistake, check-ins aren't reserved for couples with "trouble in paradise." This tool helps to keep relationships healthy, communication lines open and partners bonded. You may be asking how check-ins work and that's a great question! Below are some tips to successful check-ins.

- **Set a time and place.** Yes, you can do the check-ins at random but making it scheduled shows it's a priority. You also want to have it in a place that's comfortable for you both. Stay at home and be comfy on the couch or take a walk or hike. Wherever and whenever you both are comfortable and in a pleasant mood. Check-ins can be done weekly, monthly, or whatever frequency works best for your relationship but make sure there's not a lot of time in between them.
- **Keep it on track.** It's good to have time limits so the check-ins won't get off track. You both can decide whether 30 minutes is enough, or an hour is too much. But you want to make sure you all aren't using this time to talk about things outside of the relationship.
- **There's one speaker and one listener.** Both partners need to be heard so making sure to take turns speaking is important. Don't let the conversation end in explosive feelings because both people are talking over each other.
- **Start and end check-ins with positivity.** A hug, kiss, physical affection or kind words can be great start ups to conversations but also helps end the conversation on a positive note and reaffirms your commitment and love. You can start it off by asking, "What do you think was the high point of this week or month?" And end it with, "What can we do this upcoming week or month to further our goals?"

Check-ins can work to improve or maintain healthy relationships. But there has to be sincerity and commitment to the activity for positive outcomes.



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## Join Marine Corps Family Team Building for the very popular 5 Love Languages Workshop

If you are in a military relationship, you know the strain of long deployments, lonely nights, and difficult transitions. For extraordinary challenges like these, couples need specific advice and tips for expressing love when apart.

Have you ever thought, "If my significant other loved me.... they would just spend time with me; they would just do what I asked; they would just get me tokens of love; they would just tell me; they would just hold my hand?" It could be you have different LOVE Languages. So, what if you could say or do just the right thing guaranteed to make that special someone feel loved, and they could do the same for you?

The secret is learning the right love language! Millions of couples have learned the simple way to express their feelings and bring joy back into relationships. This workshop will help couples express their love for their significant other in the fashion that their mate would desire. It is based on the platinum rule "love others the way THEY WANT to be loved!"

Register on Eventbrite at <https://www.eventbrite.com/e/five-love-languages-tickets-791329185897>. Registration deadline is 2 business days prior to event.

If you have any questions about a class you registered for, please email: [MCFTBQuantico@usmc-mccs.org](mailto:MCFTBQuantico@usmc-mccs.org) or call 703-784-9422/1303.

## UPCOMING CLASSES/WORKSHOPS

### IDC Training

Fri., February 2nd

8:15 am - 12:00 pm

Little Hall

Focuses on domestic violence and child abuse prevention and the IDC process. Required for all newly appointed IDC voting members.

### Within My Reach

Tues., February 6th

9:00 am - 4:00 pm

Little Hall

Healthy relationship education class for individuals to help develop skills needed to make better relationship decisions.

