
Table of Contents

How I See Myself...Now and in the Future.....	1
Thinking about My Friends and My Future	2
Scale of Maturity	4
Attractions.....	5
Those Wonderful Love Chemicals.....	6
Did You Know?	7
What Makes a Great Relationship? 7 Questions.....	8
Real Love...Keeping It Strong.....	10
Is It a Healthy Relationship?	12
Draw the Line of Respect.....	14
Examining Family Patterns	16
Taking Steps Wisely—Decide, Don’t Slide.....	18
Making Decisions.....	19
Pathways & Sequences Towards Success	22
Communication Patterns—What to Take, What to Change	23
Four Communication Danger Signs and Skills to Counter Them	25
Relationship Check-Up Quiz.....	26
Time Outs: Back to Your Smart Brain.....	27
Speaker Listener Log	28
Gripes and Complaints—Be Heard, Not Ignored	29
Daily Appreciations	30
Problem-Solving Model and Hidden Issues	31
Reflections on Communication Skills	32
Intimacy—It’s Not Just a Physical Thing.....	33
The Connections that Build Intimacy.....	34
My Personal Line	35
My Personal Plan	36
A Child’s Wish List	37
Being a Good Father Means.....	38
Bright Futures For Babies.....	39
Child Speak.....	40
Through the Eyes of a Child.....	41
Dating App Profile.....	42
My Success Plans.....	43
Sex and Sliding.....	49