

# *"Within My Reach"*

## **Healthy Relationship Program**

At the core of each person's ability to move closer towards his or her potential are the everyday decisions made in their lives. The majority of these decisions are encompassed in their personal relationships and romantic attachments. It is these decisions that affect the possibility of success in every other aspect of life—especially in child rearing and employment. Success in life on virtually every dimension depends on success, or at the very least, the absence of high danger or derailment of personal goals due to problems in personal relationships.

Prior to marriage, most couples are not provided with specific instructions for how to enter into and maintain a healthy relationship. Factors such as self-awareness, mate selection, communication, and decision making are only learned through one's own family norms that, many times, are of poor quality and reflect instability. This decreases the odds that the relationship will flourish. Unfortunately, many couples find themselves mired in unhappy, unstable, and even dangerous relationships with no hope for attaining relationship success for themselves and their children.

The Business Development Department of the Community Action Committee of Pike County, Inc. has a program that addresses these issues. The staff have been trained by PREP for Individuals, Inc. to facilitate *Within My Reach*, a relationship skills and decision making program for helping individuals achieve their goals in relationships, family, and marriage. *Within My Reach* includes core strategies from PREP; teaching, insight and strategies based on years of research in relationship risks, strategies for lowering risks, commitment, and couple development.

*Within My Reach* is a 4-week workshop, facilitated to any eligible individual looking to enhance relationship skills. The individuals meet, in a group session, 2 times per week for approximately 3 hours each session. The sessions are interactive, with group discussion and learning activities.

### *Within My Reach Outline*

- Unit 1:** The State of Relationships Today
- Unit 2:** Healthy Relationships: What They Are and What They Aren't
- Unit 3:** Sliding versus Deciding
- Unit 4:** Smart Love
- Unit 5:** Knowing Yourself First
- Unit 6:** Making Your Own Decisions
- Unit 7:** Dangerous Patterns in Relationships
- Unit 8:** Where Conflict Begins
- Unit 9:** Smart Communication
- Unit 10:** The Speaker-Listener Technique
- Unit 11:** Infidelity, Distrust, and Forgiveness
- Unit 12:** Commitment: Why it Matters to Adults and Children
- Unit 13:** Stepfamilies and the Significance of Fathers
- Unit 14:** Making the Tough Decisions
- Unit 15:** Reaching Into Your Future