

A good marriage is not defined by the absence of problems but by the way partners handle the problems they have . . .

This statement is a key to the way John and Colette Hoff work with couples. They have worked together for over 30 years and with over 400 marriages and families. They work with individual couples and families in small groups as well as in workshops.

The Hoff's organize the needs and requests of couples into **four** areas:

- The need for a more friendly environment in the home.
- Support for a more orderly and manageable life .
- Guidance for working with psychological and emotional problems.
- Coaching for routines that give form and meaning to relational life.

1. Friendship Training involves:

- a. A behavioral focus.
- b. The Identification of old hurts and harmful patterns.
- c. Restoring a sense of order and rationality.
- d. Teaching and practicing the skills for being relational and compassionate.
- e. Teaching couples how to demonstrate friendship to children through their relationship.

2. Our modern lives are stressed and crowded. According to surveys, the average couple is over-scheduled and their relationship is under-nurtured. This can change! As you know, human problems are currently diagnosed as “dis-orders.” This concept refers to the way an individual may become a problem to his or her self as well as to others. Whether you lack control of your emotions, your schedule, or your financial life, these must be seen as symptoms of dis-order. We need to look more deeply into the assumptions and the competing agreements that cause these problems and heighten anxiety. The Hoff's utilize information and exercises to encourage individuals and couples to claim responsibility, **as adults**, for the way they live.



3. A strong relationship requires partners to be understanding of each other's human frailties.

Partners usually have “blind spots” and can be uncooperative until they understand the cost. Remember, it is statistically probable that the partner you live with has one or more mental/emotional difficulties—

stress, anger, anxiety, depression, mood swings and the like—and the same is true of you. Cognitive and behavioral protocols for dealing wisely with most mental and emotional problems can address many contemporary challenges in marriage.

4. Coaching for relational success is where the Hoff's have created the most lasting change in marriages and families. From the study of couples that claim satisfaction and are evaluated as effectively married, they have identified **five processes** that have proved very helpful:

- Individuals agree to *meditate* (weekly) and reflect on what is working and not working in their relationship.
- Couples have a weekly *business meeting* where they share complaints and Compliments, household priorities, and review calendars together.
- Couples have a weekly *intimacy time* where they share verbally and physically with each other.
- Couples have a weekly *work together time when they engage household duties*, trading off responsibility for leadership.

Testimonial:

Bruce and Irene Perler representing the Conscious Couples Network :*we consider a weekend like this essential for clarifying our goals and renewing our relationship. The energy and witness of other couples raises the quality of interaction to one of learning instead of reacting!*

Visit our web site: www.goodenough.org (206) 323-4653

Location: Sahale Learning Center is just 20 minutes from Belfair, Washington, and is an easy drive from Seattle, Tacoma, and the Olympic Peninsula. Sahale is a perfect setting for rejuvenating your primary relationship.

John & Colette Hoff describe themselves as being in service to the world through the Goodenough Community. They refer to their belief that the world is improved as each one of us, each couple and family, is healed and empowered for a loving life. They have worked together as marriage and family life educators and counselors for over 30 years. They have a commitment to family and have raised four children and have two granddaughters. Their relationship is a model of friendship, companionship, and shared vocation.

John and Colette work separately and together with individuals, couples, and families through the agency of *Quest: A Counseling and Healing Center* sponsored by Convocation: A Church and Ministry.

Registration Form – A Workshop for Couples 2010

Name(s) _____ Age(s) _____

Address _____

City, State, Zip _____

Telephone Day (____) _____ Evening(____) _____

Cell (____) _____ E-mail _____

Payment Method Check _____ (amt) MC Visa _____ (amt)

Card Number _____ Exp. Date _____

Name of Cardholder _____

Signature _____

Cost: \$350 per couple

To register: send this form with \$50, made payable to the American Association for the Furtherance of Community, 2007 33rd Ave. S, Seattle, WA 98144.

Friendship Training

Relationship: Shared Learning and Common Sense



A Weekend for Committed Couples June 10 to 12, 2011

At Sahale Learning Center

Presented by
Colette Hoff, MEd. and John L. Hoff, ThD.

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