



## **GUIDELINES FOR COUPLES IN ENRICHMENT PROGRAMS**

- 1. Focus on the relationship**
- 2. Share our own experiences, rather than analyze**
- 3. Participation is voluntary**
- 4. Speak for self**
- 5. Check with partner; no surprises**
- 6. Support rather than confront**
- 7. Confidentiality is expected**
- 8. Concerns come first**