

**Responsive Relationship Video Series
Learning Goals**

| Title | Learning Goals |
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| <i>WRTA Framework and Objectives</i> | 1) Define Intimacy and Understand How to Achieve It |
| | 2) Understand the Integration and Dis-integration of the Spirit, Soul and Body |
| | 3) Understand How the Welch Responsive Temperament Assessment and Handbook Can Deepen Self-Awareness and Allow Intimacy and Integration to Flourish and Grow |
| | 4) Review the Objectives for The Responsive Relationship Video Series and Handbook |
| <i>Emotional Intelligence</i> | 1) Learn What Emotional Intelligence Is and Why it Is Essential |
| | 2) Learn How to Describe and Express Our Feelings in Productive Ways |
| <i>Learning to Listen</i> | 1) Understand the Positive and Negative Approaches to Communication |
| | 2) Learn the LOVED Listening Cycle |
| | 3) Understand That Listening Involves Affirming, Inquiring, and Reflecting |
| <i>Family of Origin</i> | 1) Understand How Our Family Of Origin Has Shaped Our Temperament, Expression, and Current Experiences |
| | 2) Learn to Create a Genogram to Understand Family of Origin Impacts |
| <i>Attachment Tendencies</i> | 1) Learn the 4 Types of Attachment Experiences |
| | 2) Understand How Our Parents and Caregivers Shaped Our Attachment Experiences |
| | 3) Understand How Altering Leadership and Nurturing Styles Can Help Form Secure Attachments For Children |
| <i>Progressive Growth Phases</i> | 1) Learn the 8 Progressive Growth Phases of Life |
| | 2) Understand the Concepts to be Learned and Core Questions to be Answered in Each Phase |
| | 3) Learn to Revisit Past Growth Phases to Find Healing for Present Troubles |
| <i>Gender Differences</i> | 1) Understand How Men and Women Are Different |
| | 2) Learn to Honor and Respect Gender Differences in Marriage |
| <i>The Welch Responsive Temperament Assessment</i> | 1) Understand the Elements of the Welch Responsive Temperament Assessment and What They Measure |
| | 2) Take the Welch Responsive Temperament Assessment to Deepen Self-Awareness |

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| Overview of DISC Temperaments and the Lion Temperament | 1) Learn the 4 Temperaments and How They Differ |
| | 2) Understand the Emotional Tendencies of Each Temperament |
| | 3) Learn the Typical Characteristics and Reactive Weaknesses of the Director Temperament |
| | 4) Understand How to Work With, and Be In Relationship With, a "D" Personality |
| The Otter Temperament | 1) Learn the Typical Characteristics and Reactive Weaknesses of the Influencer Temperament |
| | 2) Understand How to Work With, and Be In Relationship With, an "I" Personality |
| The Dog Temperament | 1) Learn the Typical Characteristics and Reactive Weaknesses of the Stabilizer Temperament |
| | 2) Understand How to Work With, and Be In Relationship With, an "S" Personality |
| The Owl Temperament | 1) Learn the Typical Characteristics and Reactive Weaknesses of the Contemplator Temperament |
| | 2) Understand How to Work With, and Be In Relationship With, a "C" Personality |
| Overview of The Dimensions of Expression and Dimension 1: Outgoing vs Reserved | 1) Understand the 9 Character Traits and Their Opposites Measured by the Welch Responsive Temperament Assessment as Dimensions of Expression |
| | 2) Understand How the Weaknesses of Our Temperament Can Create Reactivity in the Dimensions of Expression |
| | 3) Understand How Reactivity Can Harm Our Important Relationships |
| | 4) Understand the Measurement of One's Internal and Outward Ability to Manage Emotions |
| | 5) Learn to Reduce Reactivity When Exhibiting Outgoing or Reserved Tendencies |
| Dimension 2: Self-Controlled vs Anxious | 1) Understand the Measurement of One's Ability to Manage Anxiety |
| Dimension 3: Upbeat vs. Sullen-Unhappy | 1) Understand the Measurement of One's Interest in Engagement and Interaction with Others |
| | 2) Learn to Reduce Reactivity When Exhibiting Upbeat or Sullen-Unhappy Tendencies |
| Dimension 4: Assertive vs. Vulnerable | 1) Understand the Measurement of One's Ability to Express and Receive Thoughts and Feelings |
| | 2) Learn to Reduce Reactivity When Exhibiting Assertive or Vulnerable Tendencies |
| Dimension 5: Engaging vs. Withdrawn | 1) Understand the Measurement of One's Capacity to Understand the Internal Feelings of the Self and Others |
| | 2) Learn to Reduce Reactivity When Exhibiting Engaging or Withdrawn Tendencies |
| Dimension 6: Agreeable vs. Aggressive | 1) Understand the Measurement of One's Ability to Process Clearly While Managing Emotions |
| | 2) Learn to Reduce Reactivity When Exhibiting Agreeable or Aggressive Tendencies |

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| <i>Dimension 7: Confident-Controlled vs. Tense-Frantic</i> | 1) Understand the Measurement of One's Self-Confidence and Ability to Self-Assert |
| | 2) Learn to Reduce Reactivity When Exhibiting Confident-Controlled or Tense-Frantic Tendencies |
| <i>Dimension 8: Caring-Concerned vs. Ambivalent</i> | 1) Understand the Measurement of One's Ability to Embrace Fears and Uncertainties When Attempting to Understand Another Person's Point of View |
| | 2) Learn to Reduce Reactivity When Exhibiting Caring-Concerned or Ambivalent |
| <i>Dimension 9: Resolved vs. Overwhelmed</i> | 1) Understand the Measurement of One's Self-Discipline and Follow-Through |
| | 2) Learn to Reduce Reactivity When Exhibiting Resolved or Overwhelmed Tendencies |
| <i>Learning to Respond Rather Than React</i> | 1) Learn How Relationships are Systems That Need Continuous Improvement |
| | 2) Learn to Productively Use the Strengths of Our Temperament |
| | 3) Understand Maslow's Hierarchy of Needs and How It Relates to Developing Trust |
| | 4) Learn to Manage our Time in Order to Develop Responsiveness |
| <i>The Welch Relationship Model</i> | 1) Learn the Welch Relationship Model for Increasing Responsiveness |
| | 2) Learn Why Trust, Choice, Negotiation, and Flexibility Are Essential for Promoting Responsiveness |
| | 3) Understand How to Move Toward a Fuller Life |
| <i>The Welch Responsive Cycle</i> | 1) Learn the Welch Responsive Cycle and How It Contributes to a Fuller Life |
| | 2) Learn How to Approach Potential Conflict in a Positive Way |
| | 3) Learn the ABC's for Overcoming Reactivity |
| <i>Becoming Authentic</i> | 1) Learn to Be More Aware of Our Mindset During Personal Interactions |
| | 2) Understand the Visible and Hidden Parts of Our Psyche and How They Can Contribute to Reactivity |
| | 3) Learn to Present Our True Self To Our Companion |
| | 4) Learn the 13 Basic Defense Mechanisms We Employ in Personal Interactions When Reactivity Occurs |
| | 5) Learn to Discard Defense Mechanisms to Increase Responsiveness |

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| <i>Maintaining the Self and Dealing with Shame</i> | 1) Understand How Individuals Merge in Marriage |
| | 2) Understand How To Bond While Maintaining a Sense of Identity and Individuality |
| | 3) Understand Relationship Dysfunction Occurring When an Adult-To-Adult Interaction Is Missing |
| | 4) Understand What Shame Is, How It Forms, and How It Is Different Than Guilt |
| | 5) Understand How Shame Emerges During Personal Interactions and How to Overcome It |
| <i>Overcoming Your Past</i> | 1) Learn Steps to Increase Responsiveness |
| | 2) Learn to Recognize Reactivity Stemming From Our Past |
| | 3) Learn to Employ Behavior Modification |
| <i>Understanding Anxiety and its Effect on Reactivity</i> | 1) Understand the Types and Origins of Anxiety |
| | 2) Understand How Brain Structures Create and Perpetuate Anxiety |
| <i>Anxiety Management Techniques</i> | 1) Learn the 4 Basic Types of Anxiety Management Techniques |
| | 2) Practice 1 of Each Type of Anxiety Management Technique |
| | 3) Learn to Integrate Anxiety Management Techniques During Personal Interactions |
| <i>Bringing it All Together</i> | 1) Understand How to Combine WRTA Concepts to Maximize Responsiveness |
| | 2) Embed New Concepts Learned Into Everyday Life |