



TABLE OF CONTENTS

Introduction	1
—WORKING ON ME—	
Chapter 1: Ideals vs. Values.....	3
EXERCISE 1: Live Your Values.....	6
EXERCISE 2: Distinguish Your Ideals and Values.....	6
Chapter 2: Personality Styles.....	9
EXERCISE 3: Identify Your Personality Style.....	10
Chapter 3: Myers-Briggs.....	15
EXERCISE 4: Estimate Opposite-Preference Integration.....	18
EXERCISE 5: Ways to Integrate Opposite Preferences.....	21
EXERCISE 6: How You Complement and Frustrate Your Spouse.....	23
EXERCISE 7: Typewatch Others.....	27
Chapter 4: The Enneagram.....	30
EXERCISE 8: Identify Your Enneagram Style.....	33
EXERCISE 9: Enneagram Development.....	36
Chapter 5: The Eight Intelligences.....	41
EXERCISE 10: Assess Your Intelligences.....	43
Chapter 6: Masculine and Feminine Sides.....	47
EXERCISE 11: Assess Your Femininity and Masculinity.....	49
—WORKING ON US—	
Chapter 7: Time Management.....	52
EXERCISE 12: Time Usage Evaluation.....	55

EXERCISE 13: How to Change Your Time Priorities.....	56
EXERCISE 14: Rituals.....	59
EXERCISE 15: Rituals Usage	61
Chapter 8: The Five Love Languages.....	63
EXERCISE 16: Identify Your Primary Love Languages.....	65
Chapter 9: The Drama Triangle.....	68
EXERCISE 17: Identify Drama Triangle Roles.....	72
EXERCISE 18: Understand the Drama Triangle.....	73
EXERCISE 19: Acknowledge Drama Triangle Roles.....	75
Chapter 10: Communication: The Fundamentals.....	78
EXERCISE 20: Distinguish Feelings and Actions.....	79
EXERCISE 21: Describe Feelings.....	83
EXERCISE 22: Change Attitudes.....	86
EXERCISE 23: Distinguish Communication Styles.....	91
Chapter 11: Active Listening.....	92
EXERCISE 24: Avoid Active-Listening Barriers.....	93
EXERCISE 25: Assess Active-Listening Effectiveness.....	94
EXERCISE 26: Analyze Your Touch Behavior.....	94
EXERCISE 27: Don't Make Others' Problems Yours.....	95
EXERCISE 28: Don't Give Advice.....	96
Chapter 12: Conflict Management.....	97
EXERCISE 29: CheckOutInferences.....	101
EXERCISE 30: Explain the Reasons Behind Questions, Statements and Actions.....	103
EXERCISE 31: AskWhetherYouCanGiveFeedback.....	104
EXERCISE 32: MakeanAssertiveInteraction.....	105
EXERCISE 33: Avoid the Anger Fallacies.....	106
EXERCISE 34: Analyze Your Conflict-Management Style.....	109
EXERCISE 35: AskforForgiveness.....	112

—WORKING ON OUR SPIRITUAL LIVES—

Chapter 13:	Models of the Church.....	114
	EXERCISE 36: Models of the Church.....	116
Chapter 14:	The Prodigal Son.....	118
	EXERCISE 37: The Prodigal Son.....	120
	EXERCISE 38: The Elder Brother.....	121
	EXERCISE 39: The Loving Father.....	122
Chapter 15:	Help, Thanks, Wow Prayers.....	124
	EXERCISE 40: Help, Thanks, Wow Prayers.....	126
Chapter 16:	The Sacrament of Matrimony and its Graces.....	128
	EXERCISE 41: Your Wedding Day.....	130
	EXERCISE 42: Marriage as the Number One Priority.....	133
	EXERCISE 43: Our Love in the Community.....	134