

The Power of Anger and Skillfulness of Love:

Loving, Especially When It is Difficult.

Your Church or Center, Date and Time



Come learn about “The Power of Anger and Skillfulness of Love” through images, film, current research, and conversation. Our time together will explore:

- * Anger and what it is hiding – the gold of vulnerability.
 - * Predictors of broken relationship (including divorce) and how you can avoid them.
 - * People with a Maximizing Reactive Style (Tigers), those with a Minimizing Reactive Style (Turtles), how they seem to fall in love, and why.
 - * The importance of the breath and other ways to calm yourself so that you can choose love.
- * Clear tools and applications, that you will leave with - so you can be more skillful with love in the face of anger and conflict (which are an inevitable part of any close relationship).

We will focus on intimate couple relationships but this class also directly relates to: parenting, family, work colleagues, and friendships.

This class will be led by **Jean Frinak, M.Div, M.F.T.**, a therapist and teacher based in Seattle, therapyandcreativity@gmail.com

Sponsored by **Your Church or Center**
Your Address, Phone Number
[Yourwebpage](#)

