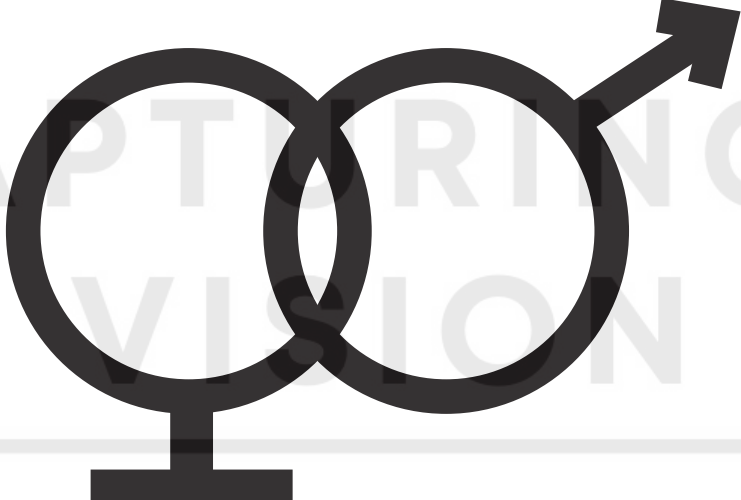


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BY DR. JACQUELINE DEL ROSARIO



## Dr. Jacqueline Del Rosario

Dr. Jacqueline Del Rosario is a certified marriage coach, state-approved premarital course provider, recognized public speaker, youth advocate, visionary author and education enthusiast whose mantra derives from the idea that the foundation of any society starts in the individual homes of people.

As a forerunner in the area of youth empowerment and abstinence education, Dr. Del Rosario has achieved unprecedented success with ReCapturing the Vision; for over 20 years she has guided a first-rate organization that has helped thousands of at-risk youth craft a better future.

Known as America's Marriage Coach™, Dr. Jacquie has developed proven tools to help couples develop through their quarrels and discover healthy solutions to marital circumstances across all boarders borders. As both a married woman and marriage counselor of over 20 years, Dr. Jacquie continues to travel coast to coast speaking about and discussing the plights attached to the institution of marriage and less privileged families. She also continues to tirelessly advocate the for youth through ReCapturing the Vision and all of its yearly programs and events. Dr. Jacquie resides in Miami, FL with her husband and two sons.

# THE VISION

Helping People Dream Again

## TABLE OF CONTENTS

### 1 FOUNDATIONS..... 5

Introduction .....	6
Defining Me .....	7
What's Your Personality Type?.....	10
My Top Five .....	12
Non-Negotiables .....	13
Reclaiming Me .....	14
Dealing with Traumas.....	18
Insecurities and Fears .....	20

### 2 FINANCES ..... 21

Getting To The Money, Securing the Bag Together .....	22
Working the Numbers.....	23
Following Your Budget.....	25
Show Me the Money .....	26
The Plan.....	28
Finance .....	29
Credit Repairing or Building Credit.....	30
Finance .....	32
What's your Brand.....	33
The Interview: Making a Great First Impression	34
Can You See What's Wrong with This Picture? ..	35
Social Media Dos & Don'ts .....	36
The Indispensable Mindset.....	37
Workplace Ethics .....	38

### 3 COMMUNICATION 101 ..... 43

Communication 101.....	44
Reflective Listening .....	45
Empathy.....	47
Compromise .....	49
Barriers to Good Communication .....	50
Defense Mechanisms & Triggers.....	51
Know Your History.....	53
Gender Makes A Difference .....	54
Communication Done Right.....	56

### 4 CONFLICT RESOLUTION ..... 57

Conflict Resolution: The Method and the Plan	58
Conflict Resolution.....	60
Dilemma .....	61
Two Sides to Each Story.....	62
Emotional Standoffs .....	64
Unstable Marriages & Abuse .....	73
Female Abusers .....	79

Anger Management.....	80
Dealing with Stress .....	82

### 5 PARENTING DONE RIGHT ..... 83

Understanding Your Child.....	84
Family & Parenting.....	85
Stages of Cognitive Development.....	87
Parenting .....	89
Parenting Styles .....	90
Results of Parenting Styles .....	92
Disciplining Your Children .....	93
I and You Messages .....	95
Parenting Teens .....	96
How to Build Your Child's Self Esteem .....	97
Co-Parenting .....	98

### 6 SEX & INTIMACY ..... 99

Sex & Intimacy .....	100
Trouble In The Bedroom .....	101
Pleasure Plan.....	102
I like Chocolate; He Likes Vanilla .....	103
Cycles .....	104
Dysfunctions .....	105
Sex Versus Intimacy.....	106
Benefits of Sex .....	108
Sex As You Age.....	109
Andropause and Menopause.....	110
Menopause.....	111
Tips to Spice Up your Love Life .....	112

### 7 THE ART OF MARRIAGE ..... 113

The Art of Marriage .....	114
Marriage .....	112
Benefits of Marriage: Did You Know.....	117
Compatibility .....	118
Love & Compatibility .....	119
The Marriage Blueprint™.....	122
Family .....	124
Finances.....	125
Religion.....	126
Disagreements.....	127
Friendships .....	128
Negotiating to Course Correct .....	129
Negotiation Skills.....	130
Don't Watch the Movie .....	131
Take Aways .....	132





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1

## Introduction

A marriage is the union of two people sharing not only love, but also dreams, hopes, and goals. In order for these two people to function as husband and wife, they must work together toward building their future. According to the National Extension Relationship and Marriage Education Model (NERMEM), there are key components that define a healthy marriage. These couples must Choose, Know, Care, Share, Manage, and Connect.

Research conducted by NERMEM has shown that a healthy marriage typically exists because couples acquire the skill sets and knowledge that strengthens their relationship. They are wise to choose someone who has similar values and know their mate's life plan and beliefs. They are able to care by demonstrating affection and share their time and interests. These couples' manage strategies that foster a positive relationship and connect to community ties to draw support from others.

People are not born with these skills, so they must learn to utilize them before marriage. In order to commit to building a healthy marriage, both parties must embrace the principles outlined by this workbook needed to prosper. Each chapter of this book will teach you how to apply one of these principles in order to learn what it takes to establish a healthy relationship. You will develop emotionally as you learn the keys to a healthy relationship. You're off to a great start.





## Communication 101

Communication seems simple; however, if you have ever played telephone you have already figured out that more often than desired, our intended message when communicating can often be misunderstood. Misunderstandings are troublesome because they cause conflicts and strife. The stakes are even higher when emotions are involved. Imagine a miscommunication in the midst of a difficult discussion between you and your loved one. A wonderful evening can go downhill quickly.

Couples must learn to minimize disagreements by using reflective listening. This will ensure that misunderstandings are identified and addressed before they cause greater discord. Secondly, couples must learn to empathize with one another. That is, they must be aware of one another's feelings so that they are better able to relate to their reactions and behaviors. Finally, couples must learn the art of compromise. By being willing to give and take couples, can find the middle ground and peaceably resolve problems.



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## Gender Makes A Difference

Believe it or not men and women differ at a physiological level and it impacts the way that they communicate and process information. Understanding these differences will help you to get on the same page and accept one another's communication styles.

### General

#### Men

- Do one thing at a time
- Goal oriented and efficient, it's in, out and finished.
- Problem solvers — after problem is solved they forget about it.
- Have stronger emotional reactions — but only before they are aware of their feelings. But tamping down emotion also spurs the body's fight-or-flight response. A man's strong reaction and subsequent suppression may ready him to handle a threat.
- More vulnerable to loneliness because they tend to reach out less
- Men in stable relationships tend to be healthier, live longer and have hormone levels that may indicate decrease anxiety, studies have shown.
- While often linked to aggression and hostility, testosterone is also the hormone of the libido. Any guys have six times the amount surging through their veins as women. Testosterone impairs the impulse-control region of the brain.

#### Women

- Cogitate about an experience and retain it in greater detail for at least 24 hours longer than a man after the experience.

## Communication

### Body Language

#### Men

- Desire space
- Tend to be withdrawn rather than engaged bodily
- Do not touch, unless with same gender in playful aggression, and
- Tend to move around and shift body when conversation is uncomfortable

#### Women

- Use body alignment and face the other person
- Use more hand gestures
- Use more bodily contact and
- Sit relatively still





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7



