

*EMPOWERMENT TO*

# UNDERSTAND DIFFERENCES



• STUDY GUIDE •

Relate, respond, and reinforce the one you love while embracing each other's unique needs.

# WELCOME TO UNDERSTANDING DIFFERENCES – A TASTE OF OXYGEN EVENT

## WHAT YOU CAN EXPECT FROM TODAY'S SESSION:

We won't solve all of your relationship issues, but we will give you some helpful tools to use and resources to explore in the future.

You will walk away with a better understanding of you and your partner's differences, and you will have tools to relate, respond, and reinforce your partner TODAY.

You will not be asked to speak about something you do not wish to talk about publicly.



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# EMOTIONAL NEEDS

MEN	WOMEN	
[ ]	[ ]	Affection
[ ]	[ ]	Sexual Fulfillment
[ ]	[ ]	Conversation
[ ]	[ ]	Recreational Companionship
[ ]	[ ]	Honesty & Openness
[ ]	[ ]	Attractiveness of Spouse
[ ]	[ ]	Financial Support
[ ]	[ ]	Domestic Support
[ ]	[ ]	Family Commitment
[ ]	[ ]	Admiration / Respect

## ACTION PLAN

My Emotional Needs

- 1
- 2
- 3
- 4
- 5

My Partner's Emotional Needs

- 1
- 2
- 3
- 4
- 5

This week, I will meet \_\_\_\_\_'s emotional need of  
 \_\_\_\_\_ by: \_\_\_\_\_



Explore his needs and her needs in greater depth with Scott Haltzman, author of [The Secrets of Happily Married Men](#) and [The Secrets of Happily Married Women](#) on **MasterSeries** at [StrongerFamilies.com](http://StrongerFamilies.com). Sign up for a Premium Membership to enjoy the full MasterSeries (see back cover for more details about Premium Memberships).

## TASK-ORIENTED

### EFFICIENT PARTNER

Problem Solving,  
Innovative, Fact-based



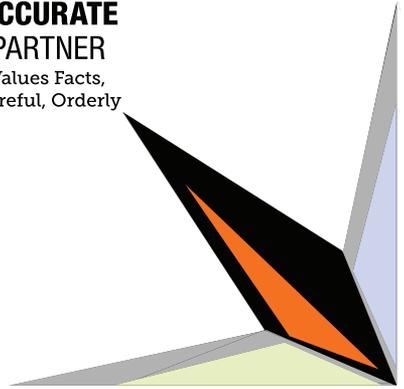
### ACCURATE PARTNER

Values Facts,  
Careful, Orderly



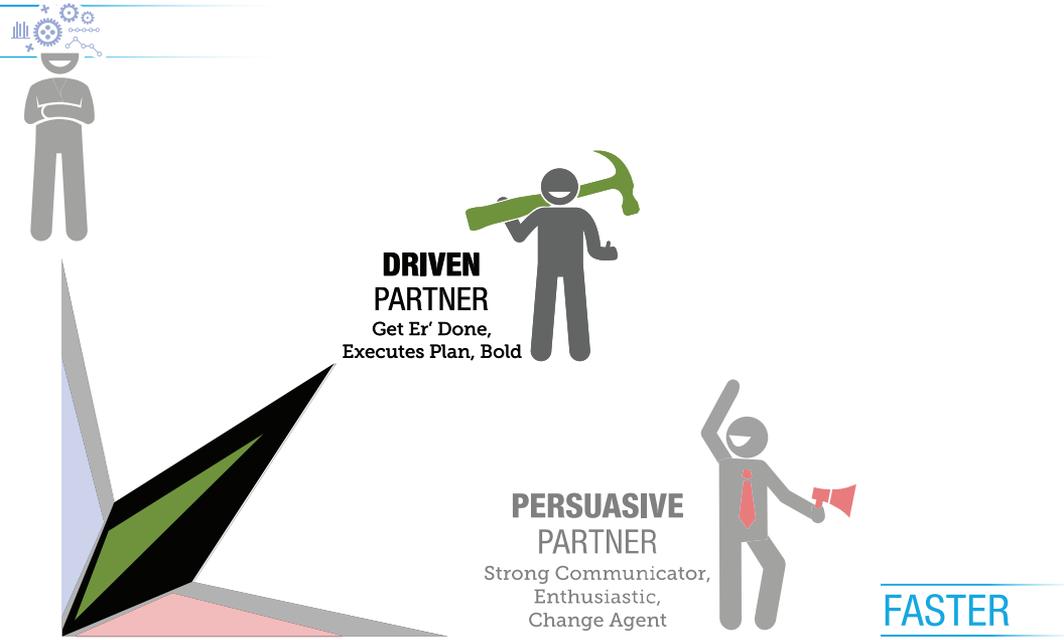
### COORDINATING PARTNER

Diplomatic,  
Analyzer,  
Rule Follower



## SLOWER

- [ ] Like to make careful and intentional decisions
- [ ] Like the motto "Do it right the first time"
- [ ] Tend to cite facts, statistics, authorities, and tradition
- [ ] Have a high standard and like rules and consistency
- [ ] Slow down under pressure
- [ ] Freeze up during confrontations and keep a closed lid on their emotions



- [ ] Born leaders who love to be in charge
- [ ] Want immediate results
- [ ] Are not afraid of pressure or communication
- [ ] Like to accomplish things
- [ ] Like to solve problems
- [ ] Want their directives followed without questioning

# OXYGEN COMPASS

- [ ] Above all, are loyal
- [ ] Are natural experts at relationships – generally have a few close friends with deep, close relationships
- [ ] Have hearts full of love, understanding, and compassion
- [ ] Often react strongly to sudden changes
- [ ] Tend to avoid confrontation at all costs
- [ ] Hold stubbornly to what they feel is right
- [ ] Have a deep need to please others, and are profoundly affected by what others think of them

SLOWER



**COORDINATING PARTNER**  
Diplomatic,  
Analyzer,  
Rule Follower



**STEADY PARTNER**  
Unwavering,  
Loyal, Reliable





# OXYGEN COMPASS

- [ ] Are great at motivating others to action
- [ ] Just want to have fun!
- [ ] Tend to avoid confrontation
- [ ] Love the spotlight and entertaining others
- [ ] Prefer choices and options, not limits
- [ ] Love to talk; are excitable and cheerleaders



## PEACE KEEPING PARTNER

Team Player, Loves Others,  
Thrives on Harmony

**PERSUASIVE PARTNER**  
Strong Communicator,  
Enthusiastic,  
Change Agent



**FASTER**

## RELATIONAL PARTNER

Connector, Loves  
People, Optimistic



**PEOPLE-ORIENTED**

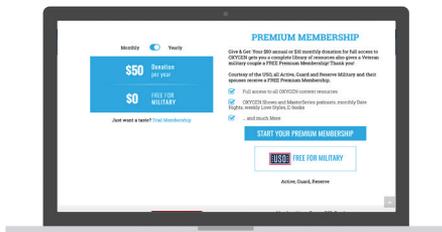
# MORE WAYS TO GET HELP FOR YOUR RELATIONSHIPS

## GET STARTED WITH THE OXYGEN PREMIUM MEMBERSHIP

Let Stronger Families help you create a deeper, more joyful connection with a Premium Membership!

Sign up at [www.strongerfamilies.com/oxygen-membership/](http://www.strongerfamilies.com/oxygen-membership/) and start receiving important relationship tools and resources today.

- Podcasts with nationally acclaimed relationship experts
- Creative date-night ideas
- Tips for improving romance and intimacy
- Much more!



## JOIN US ON SOCIAL

Find additional resources, stories and ideas on the Stronger Families Facebook or Instagram channels. Scan the QR code or go to [www.strongerfamilies.com/social](http://www.strongerfamilies.com/social) to find the latest!



## SHARE YOUR OXYGEN EXPERIENCE

How did your OXYGEN experience go? Any tools or concepts stand out as particularly helpful? Anything we can do to improve? We'd love to hear your relationship story! Email [events@strongerfamilies.org](mailto:events@strongerfamilies.org) or fill out the post-event survey at <https://bit.ly/oxy-survey> to share your feedback.

