

These testimonials are from couples that took the Profound Partnerships Course App for Couples

Quotes:

T.B.:

"Just after the first 2 communication modules, my partner and I are already more compassionate, patient, and open toward each other. Our differences are transforming from points of strife into points of strength. We're making each other better. I'm so grateful to this course for giving us the language and skills to communicate as a loving team, and I can't wait for our next lessons as we continue our journey!"

KL:

This is my second time taking the Profound Partnerships course and I have to say, it's just as phenomenal as when I first took it. I tend to struggle with productive communication in my relationships, but this course helps me look beyond my initial reactions. It makes me and my partner a team, even when we disagree. Just after the first 2 communication modules, my partner and I are already more compassionate, patient, and open toward each other. We have our differences, but Profound Partnerships helps us navigate them. Our differences are transforming from points of strife into points of strength. We're making each other better. I'm so grateful to this course for giving us the language and skills to communicate as a loving team, and I can't wait for our next lessons as we continue our journey!

CJ

"It's pretty user-friendly. We had no issues navigating."

RD

"Question 25 was my personal favorite. He had never quite articulated why he loved me before in such concise detail. It was a very sweet moment, and a good reminder of why we're in this program."

TH

"The most motivational topic was probably our relationship after marriage. A big reason I wanted to do this program with him was to make sure we're a good match, marriage-wise, so he and I can both be confident and without reservations."

AF

"This program has been a great exercise in communication. The largest key contributor to our success in communication has got to be trust. If I didn't trust that she wouldn't get mad or if I just said what she wanted to hear, then these exercises would not be as helpful as they were. Being honest with myself and brave enough to say how I feel, regardless of how that may clash with her beliefs, very much broke barriers that we have constructed in our past relationship."

SW

"My final takeaway was overwhelmingly positive! I felt like we both were able to make our needs known respectfully and both of us were able to really listen and fulfill how to meet each other's needs without ignoring our own."

LT

“Unlike some previous discussions we’ve had, we both had room to say our piece and I don’t think there was a pressure to prove our point of view like can happen in arguments. It was more just sharing and trying to understand each other. It was really nice.”

PH

“Our discussion, particularly around the questions of God and the place of religion/spirituality in our relationship, was huge for me. I felt like we were both much more open to the other’s perspective than we had been before, and our worldviews weren’t as different as I thought.”

KH

“The final takeaway was pretty positive, definitely. It was a healthy, open discussion about some things that have been very hard to discuss calmly in the past. I was relieved we could open up to each other in this safe space without judgment.”

RT

“We’ve generally pretty open with each other; but this course has helped us do so in a much more productive, healthy way.”

LH

“I think remembering each other’s deepest personal values will be something we keep returning to. It was very helpful to have a handful of words to remember to help us with loving kindness.”

MD

“I was surprised how chill these modules were for us. I expected it to be a little tedious, talking about finances and who does what chore for the house, but it was actually pretty fun. We both got excited because talking about chores and such had us thinking about what it’ll be like living together.”

CM

“This was definitely the first time we sat down and focused on the practicalities of living together. We’ve talked about it before, but more fleetingly instead of devoting the entire conversation to it.”

DS

“Our finances discussion was insightful. We talk money a little, but since it’s not always the most comfortable subject in the world we don’t talk about it a lot. It was very reassuring to note that we both value saving money and spending it very carefully while leaving room in the budget for a few spontaneous fun things. We’re both pretty fiscally responsible, which I hadn’t realized before.”

CK

“Child care, in mod 7, was the most challenging. It’s a big fear of mine that I’ll have to give up or severely curtail my career to take care of a child. I went into that topic with a bit of a defensive mindset, I’ll be honest, but my partner was so sweet and understanding, as usual. He feels just as strongly as I do that we should share the responsibility of child care and that daycare is totally on the table.”

BT

“Taking a break and doing something fun or silly after a module is something we haven’t done until this one, and it was great for bonding. We had serious bonding during the module talks, but goofing off and cuddling afterwards was just as important. I’ll definitely remember that for other serious talks we have in future.”

RF

“Personal growth isn’t something we’ve really thought about separate from career, so splitting up those two topics into two separate modules was really interesting. Talking about goals aside from our careers and school was definitely new.”

LH

“After our mod 6 conversation, spiritual growth was a really relaxed conversation. Our values are very in line with each other. And our relationship growth ideas were a big source of comfort and excitement for me.”

WR

“After mod 9, where it said to dance or imagine it, my boyfriend got up and danced with me around the dining room. It was incredibly sweet, and I definitely think it’s a great method of connecting and laughing with each other after a tough conversation.”

HD

“I was surprised by how well we both took to the material. For me, it was very rewarding to see how he took the initiative to try to understand where I was coming from in my communication style and what he could do to help me feel validated when upset, which was something we’d struggled with before.”

PM

“The exercise about value words really helped us brainstorm ways we can communicate better when we’re upset.”

KT

“When we try to use the values-based communication, we do have much more successful interactions.”

AJ

“The conversations about validation and compassionate communication in particular were very important. We’ll be striving to improve our verbal support of each other when we’re upset, because that’s been the root of our big conflicts.”

DL

My fiancé was understanding of my occasional need for space to work through my own emotions and thoughts, but he did agree that hearing verbal validation would be helpful for him, like saying “I love you” before taking my own space or going to bed upset.”

PJ

“My partner and I use the couples breathing exercise as a post-makeup tool for reconnecting. The biggest takeaway for me personally was using each other’s value words to help the other feel supported and heard. Speaking calmly and warmly is another big area I see us putting in practice, especially me; as he is very sensitive to tone, much more than to the actual words themselves. I’ll be monitoring my tone with him so I can communicate my own needs more effectively in future.”

MT

"I found it reassuring and honest that you recognized that the couples might not agree on an important question(s). I know that's something I'm a bit frightened of moving forward, but the emphasis on a new development in the relationship was an optimistic touch that worked well for me."

EV

"A big lesson of this course for me in particular will probably be making time to work on us when I need to."

MQ

"We've been trying to work on our communication for a few weeks, but this really gave us some concrete examples of how to communicate positively and note ways we have been communicating negatively. It was good food for thought and helped us agree on some ways to work toward better communication. Having a list of positive versus negative communication attributes was great."

BL

The statement, "Deep listening tells your partner that what they say and think is important" really resonated. It motivated me to try to practice deep listening so my partner can feel accepted and important, since those are two things I highly value for myself. We still have work to do on our communication, but I was encouraged that we discussed it calmly and respectfully."

CK

"My final thoughts are overwhelmingly positive. I'm so glad that we took this course together! I went in looking for some clarity on our ultimate compatibility as a couple, and that's exactly what I got. One of the most important things I took from the course is learning to reach out and empathize with my partner even if I don't necessarily want to in the heat of the moment. It allowed me that freedom to feel and process and still come together with my partner for a constructive conversation instead of using him as a site of venting. I saw a huge difference in our communication style, and for me that took deep roots such that even when I figured out I wasn't feeling it romantically like I wanted to be, I still wanted to communicate with him in exactly the way the course taught. It definitely bolstered my respect for him."

KH

"I definitely need improvement in interrupting, making my mind up beforehand, and being honest."

RB

"Our realization was remembering how internal stress affects the partner."

FH

"We still need to continue talking about important topics before having kids, plus it was unexpected and beneficial to go over how to discipline children."

JD

"We enjoyed talking about our need to continue to nourish our intellectual and creative outlets."

KA

"We started brainstorming possibilities for our future careers and the lifestyle we both want to live, which lead to our deciding to find help with financial planning. We both like and support each other's

career goals. I think the module does a good job of making sure couples talk about what they want out of their careers and how that can impact their family.”

PN

“I’m a stressed-out person and sometimes it affects our relationship. These exercises helped with managing that.”

SA

“So far I'm enjoying the program. I'll admit I was a little skeptical at first, but after a few weeks I now look forward to the time that we set aside each week to work on ourselves. I'm seeing and feeling improvements. Thanks for allowing us to try this.”

WM

“We have experienced the benefit of feeling closer together as we continue to talk about our passions and dreams.”

KS

“When we first started, we had already felt like we were in a good place in our relationship. We definitely witnessed some ebbs and flows throughout our time doing the course modules. Each mod helped us remember the more important things. The benefits that came from practicing techniques like deep breathing, self-talk and mindfulness helped to reinforce good habits that will last. It was a nice weekly ritual to work on the modules together and I think we have grown closer because of it. Thanks!

BD

Kate: I have to say this quote “Deep listening tells your partner that what they say and think is important.” in module 2 is my favorite part of this whole module. I LOVE this!!!

C.B.

“This is another line I absolutely love!!! “We are all different and use language that is meaningful to us.” So, it is sometimes easy to misunderstand each other with the words we choose.”

You can change your life for the better and have a profound partnership that continually blesses your life if you are willing to discipline your thoughts, behavior, and language!