



REAL Essentials Connect: HMRE Essential Areas of Focus Alignment

REAL Essentials Connect meets all essential areas of focus for healthy marriage and relationship education (HMRE) and skills building. Below are options to consider as you build your program scope and sequence.

Area of Focus	Lesson Title	
Communication Skills <i>Including expression, discussion, and negotiation skills</i>	<ul style="list-style-type: none"> • The Art of Conversation* • The Three C's of Communication* 	<ul style="list-style-type: none"> • Easier Said Than Done* • What Do You Expect?*
Conflict Resolution, Anger Management, and Problem-solving Skills	<ul style="list-style-type: none"> • Personality Styles* • Hold the Tension* • Turn Down the Stereo(types)* • My Legacy • Own It! • Healthy People Ask* 	<ul style="list-style-type: none"> • Who Knows? • Revealing the Fight in You* • Communication Danger Signs* • What's the Problem?* • Paper Bag Hot Potato* • D.E.C.I.D.E.
Emotional Intimacy Skills, including Emotional Connectedness	<ul style="list-style-type: none"> • Good Day/Bad Day • Not I* • Are You Enough?* 	<ul style="list-style-type: none"> • Appreciation Styles* • Categories of Connection* • How Did That Hit You?*
Knowledge of the Benefits of Marriage	<p>All lessons include a Couples Consideration framework application to strengthen and support skills in marriage.</p>	

*Suggested 12-hour content dosage

REQUIRED