

# Learning to Love our Partners

*Based on "Emotionally Abusive Relationships" and "Men of Peace."*

*A new men's group focused on relationship problems with our partners – understanding ourselves and why we have conflict.*

LifeCare Counseling & Coaching leader Jerry Lankford is excited to expand his successful Men of Strength discussions to North Raleigh! These discussions empower strong leaders who desire to be men of peace in their family relationships.

Let's face it, our role has become challenging as current times and repeated myths have downplayed traditional values. How do you lead your family when masculinity is under attack?

If you've ever been told you are abusive or if you are having difficulty in your marriage because of your leadership style, this group is for you. How do we lead our families in ways that truly honor our wives and children, in ways that preserve and protect as well as support?

We'll focus on:

- What Kind of Marriage Do You Have?
- Power and Control Cycle vs the Equality Cycle
- Video of Abusive Relationships
- Focus on the Heart
- The Escalation and Resistance Process
- Attachment – Pursue/Avoid Cycle
- What Makes Us Feel Loved?
- Submission and Respect
- Love, Discipline and Romantic Love
- Our Motives Matter
- Values – Taking a Stand
- Anger
- PTSD, Porn, Work and Finances
- Developing a Plan for Loving our Partner

Please consider joining us for vibrant conversations and insights on family leadership. If you're interested in these critical leadership topics and want to be a part of this transforming conversation, please contact [jerry.lankford@lifecarecc.com](mailto:jerry.lankford@lifecarecc.com)



**Jerry Lankford**  
**MBA, MACC, MDiv, LPCS**

*As co-founder and president of LifeCare Counseling & Coaching, Jerry provides individual, marriage and family counseling.*

*With degrees from Vanderbilt, Purdue, Duke and Gordon-Conwell Theological Seminary and experience leading within multi-national corporations, Jerry is uniquely qualified to be a sounding board and marriage leadership coach to other successful men. Jerry spent more than 26 years as a senior level manager with international experience in software and hardware engineering as well as research and development leadership. Jerry is founder of Corporate Grace, a CEO Roundtable for Christian Business Owners. He has additional professional training in leadership development, negotiating, and integrity leadership.*

*Jerry is married, with an amazing – and very human – family.*

## Location

Synergy Center  
809 Spring Forest Road  
Suite 1000  
Raleigh, NC 27609

## When

Monday Nights  
for 12 weeks  
7:00 to 8:30



*Life by Design*