



1.1 THE CORE: THE MAN-WOMAN COUPLE RELATIONSHIPS

CHALLENGES

The couple achieves fulfillment when they become generative for themselves and others: it is the presence or absence of the generative project that expresses the quality of the couple's relationship.

Moreover, the fragility of couples fuels situations of loneliness and social marginalization.

SUGGESTIONS

There is the need to provide stability for families and children, first of all from a material and relational point of view.

Opportunities need to be created to educate youth and adults in healthy emotional, affective and psychological relationships.

SPECIFIC ACTIONS

- courses of formation to help couples bond
- counseling and support for couples at the social level but also the spiritual and pastoral ones as well
- tax benefits and economic support for young couples getting married
- services and tools to balance work and family life
- promotion of family and couple relationships in services and labor regulations
- counseling centers, listening centers and speaking groups to accompany couples
- individual guidance for personal fragile situations

Guidelines for family-focused university research

Further research should be conducted on:

- processes to improve the life of the couple and marriage, oriented towards strengthening the family stability starting from mutual respect and an appropriate preservation of the roles of male and female in the family and society.
- public policies that support couples' relationships, including family mediation in cases of separation
- formation courses for practitioners dealing with couples and formation courses for the couples themselves
- studies to spread programs of affectivity and sexuality education based on Christian anthropology to train young people in marital sexuality and a full and responsible intimate life



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