



SESSION 2: TOGETHER FOR GOOD TOOLS

Dealing with Drift - Staying connected

Keep _____

Keep _____

“Couples often live out years of falsehood trying to protect and save a relationship, all the while destroying any chance of real relationship.”

- Henry Cloud, Boundaries in Marriage

Make space _____

Formula for health:

- 15 minutes a day (non-logistical talk)
- 1 evening/half day a week
- 1 day a month
- 1 weekend a year

Keep _____

Communication Style Differences

**Identify your communication style by placing an X on each continuum.
Represent your spouse with an O.**

INTERNAL PROCESSOR

EXTERNAL PROCESSOR

FEELINGS

FACTS

MINIMIZING

MAGNIFYING

PERSONALIZING

EXTERNALIZING

DIGITAL

FACE-TO-FACE

INDIRECT

DIRECT

Speak Clearly

1. Think before you speak

T _____ ?

H _____ ?

I _____ ?

N _____ ?

K _____ ?

*The more talk, the less truth; the wise
measure their words.*

Proverbs 10:19 (MSG)

Positive : Negative Ratio

:

(Source: Gottman, J.M., & Levenson, R.W. 1992)

*Do not let any unwholesome talk come out
of your mouths, but only what is helpful for
building others up according to their needs,
that it may benefit those who listen.*

Ephesians 4:29 (NIV)

2. Articulate your needs

3. Words Matter

Listen Carefully

1. Listen to understand

“Being heard is so close to being loved that for the average person, they are almost indistinguishable.”
- David Augsburger

2. Ask good questions

3. Ask your partner what they need from you

Speaking Clearly + Listening Carefully = Understanding

YOUR TURN...

Choose a question below. Ask your spouse. Listen carefully. Switch. Repeat.

How have we changed as a couple in the last 5 years?

What would you like our life to be like in 5 years?

Describe one time in our life where you felt especially close to me.

What made you feel that way?