

# Help and Hope @ Home

The FamilyLife Canada Mini-Conference

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“ *It was the best of times, it was the worst of times.* ”

Two Macro Marriage Issues:

## DRIFT - DIFFERENCES

### DRIFT

Drift Scale

1

10

Isolated, Disconnected

Intimate, Connected

#### CONVERSATION

- Where do you think we're at on the Drift Scale?
- What's one factor that might have contributed?

Currents: External

Internal

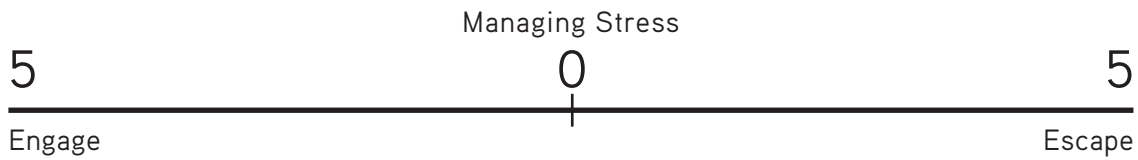
Navigating Drift: Honesty

Intentionality

#### CONVERSATION

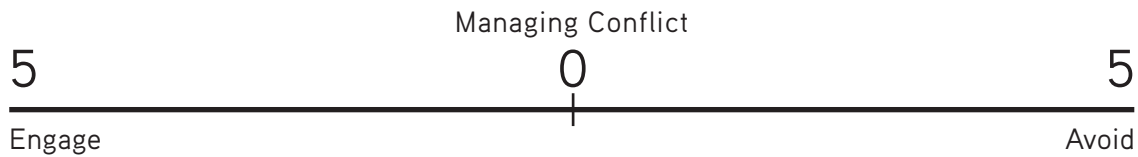
What can we build into our daily or weekly routine that will help counter the natural drift?

# DIFFERENCES



## CONVERSATION

- How are you managing the stress in your life right now?
- Are you one who engages or one who avoids?
- How are those differences affecting your relationship right now?



## CONVERSATION

- Are you an engager or an avoider when it comes to conflict?
- Which pattern do you most identify with?
  - Win - Lose
  - Lose - Lose
  - Win - Win
- Share your thoughts on why you approach conflict in this way.

