



MARRIAGE MATTERS

NEXT STEPS

• A BETTER US
FEB 25 - MAR 18



• THE PRE-MARRIAGE COURSE
FEBRUARY 21



• MARRIAGE MATTERS
MARCH 21



DAILY CHECK-IN

Spend intentional time at the end of the day to stay emotionally aligned with each other.

♥ One word for how you're feeling

♥ One thing that helped today

♥ One thing that was hard

No fixing. Just listening.

EFFECTIVE COMMUNICATION

Take some time to write down your answers to the following questions and then discuss them with your spouse.

1. Are you a good listener?

On a scale of 1 to 10, score your ability as a listener.

1 2 3 4 5 6 7 8 9 10

2. How would you rate your spouse?

1 2 3 4 5 6 7 8 9 10

3. When have you had the best conversations about your deepest thoughts and emotions?

4. Which times and places are most conducive to good communication?

5. What have been the worst times and places for communicating effectively? Can you work out why?

6. Complete the following: I find it easier to be open and vulnerable with you when you...

from Looking Up the Aisle by Dave and Joyce Ames (Mission to Marriage, 1994).

FOR THE FUN OF IT

Ask these questions on your next night in instead of doom-scrolling or binge-watching:

- What three words describe me when I am "hangry?"
- What is something I take seriously that you find funny?
- What is something that I underestimate about myself?
- What's my most predictable reaction to disappointment?
- What food do you wish I liked to eat?
- Which one of us would change out of pajamas to get ice cream?
- What's my least favorite chore?
- If money were no object, what kind of car would I drive?



HAPPY VALENTINE'S DAY



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