



DISCUSSION GUIDE FOR
COUPLES

PREPARE  ENRICH.

The Discussion Guide is a complement to your assessment results and it provides additional insights and discussion prompts about various relationship topics.

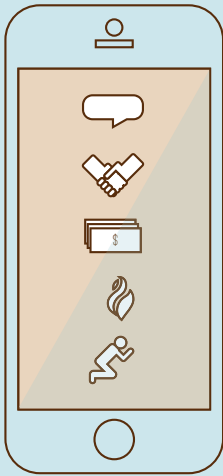
To get the most out of your results, we recommend first reading through the following sections: Preparing for Discussion, Checking Out Your Results, and Defining the Journey. We suggest you then make your way through the three central relationship topics: Communication, Dealing with Conflict and Personality (noted in green). You can choose which of the remaining topics (noted in orange) you work through and in which order. If you and your partner disagree whether or not to discuss a topic, we suggest discussing it.

Since this is not a workbook, there is no need to write out your answers to questions. Though, if you prefer to journal or keep notes on your discussions, grab a notebook!

Each topic area has a discussion section where you'll find questions or prompts to encourage conversation. Remember, you and your partner are controlling the discussion, so whether you want to answer one question or all the questions, it's up to you and your partner to decide what feels right. For the questions you decide to discuss, it doesn't always explicitly instruct both partners to answer, but we would encourage you to reciprocate if your partner answers. If you don't have an answer, talk about the fact that you don't have an answer.

To avoid one partner dominating the conversation, take turns reading the questions, or at least take turns answering first. You don't have to be technical and tally your responses, but keep in mind these little things that help set the tone for fairness.

The final and most important thing to consider when embarking on this journey with your partner is application into your actual life with one another. We want to make sure you are equipped to apply new insights and learnings to your life in a responsible way. Try making small changes to better connect with your partner instead of changing everything at once. And of course seeking help from a professional is a great option.



checklist



Communication



Dealing with Conflict



Personality



Balancing I and We



Commitment



Expectations



Family & Friends



Forgiveness



Free Time



Intimacy



Money



Parenting



Roles



Spirituality

COMMUNICATION

If you read Preparing to Discuss, then you're already aware of some tips on how to have great communication in discussions with your partner. Sure, we communicate with our partners, but the quality (which really matters) is not always a concern. Productive, supportive, positive communication is vital to relationship health.

FOCUS ON THE GOOD

When communicating with your partner, try to avoid blame, criticism, and judgement. Instead, focus on the good!



Give praise to your partner and share affirmations which help increase the overall quality of communication.

There are two skills that will help shape a positive environment for communication in your relationship: **assertiveness** and **active listening**. To be assertive, it's important to take responsibility for your thoughts and feelings by using "I"

Assertiveness is expressing your feelings and asking for what you want in the relationship.

statements instead of starting with "you." The process of active listening lets the speaker know if their message was accurately received. It's imperative for the listener to acknowledge the content and the feelings of the speaker.

Active listening is listening attentively without interrupting and restating what was heard.

DISCUSSION

// Consider attention—How do you give your full attention when your partner is speaking? What distractions make it difficult to concentrate on your partner? How do you know you have your partner's full attention when you are speaking?

// Think about what is going on in your mind when your partner is speaking. How do you show you are truly processing the message they are sending versus already formulating a response?

// When is it difficult to communicate with your partner? What makes it easy to communicate with your partner? How is the subject matter an indicator of difficulty or ease? How do other environmental factors (time of day, etc.) play a role?

// What are other ways you communicate with your partner outside of verbal interactions? What non-verbal ways do you and your partner communicate? Brainstorm new ways to communicate with one another (a note left by their keys, a wink across the room, a kind text message, etc.).

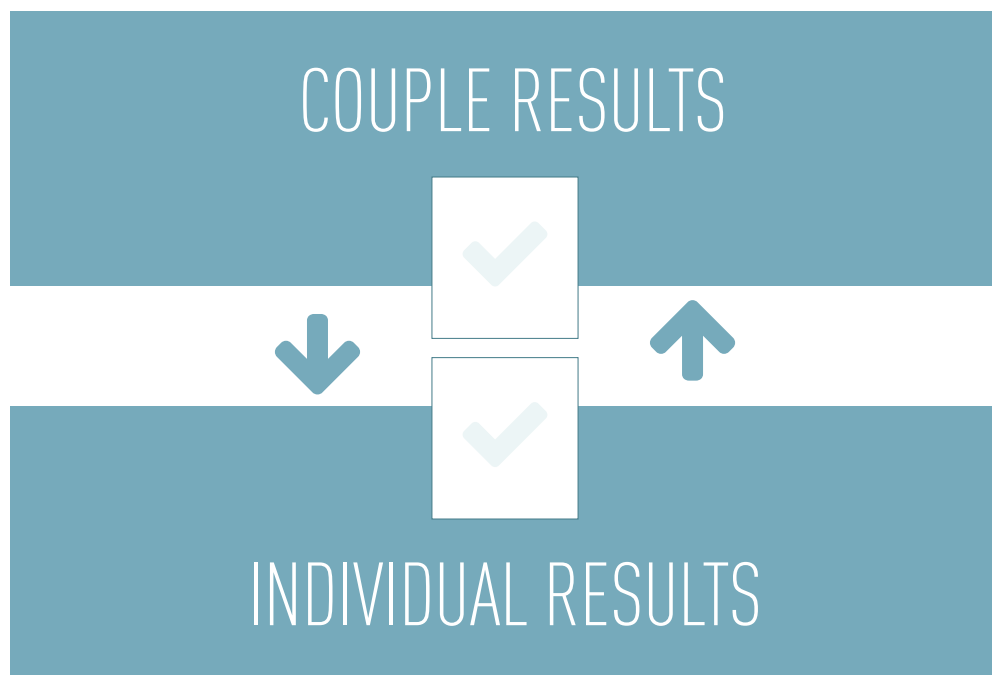
// What are your partner's needs? What are your needs? How do you advocate for your needs? How can asking about their needs and advocating for your own help your relationship?

CHECK IN

Check in with your results

by reviewing the Communication section of your report.

Are you surprised by the suggested discussion items?



Does this accurately reflect how you feel about communication
in your relationship?

TAKEAWAY

Communication is the foundation of your relationship; you and your partner rely on healthy communication skills to productively work through both celebrations and struggles in your relationship.

APPLICATION

Focus on the good in your relationship every day by giving your partner a compliment or sharing an appreciation. Have some fun with this and get creative, but make sure to always be genuine.

NEXT STEPS

Plan a specific time to check in with your partner about your relationship and life together.

Don't use this time to decide who is going to pick up your daughter from soccer practice or whose turn it is to go to the grocery store.



Use this time to communicate about aspects of your relationship you overlook or take for granted.

Try to check in daily for a period of time and see the impact it has on your overall communication.

