



How can we really connect?

Communication is at the heart of our relationship. If we don't communicate, there is no relationship.

Reasons why communication breaks down.

- Differences – perhaps one of us likes to process things out loud and the other likes to think about things before they talk.
- Poor listening skills – are we distracted by our phones, do we tend to interrupt, do we find our mind wondering?
- Unhelpful words – do we put our partner down? Do we say things like 'you ALWAYS do that, you NEVER do that'?

It takes 7 positive statements to outweigh one negative statement.

How can we improve our communication?

- Put away distractions – use the Do Not Disturb setting on your phone
- Choose a good time – bedtime isn't the best!
- Focus on your partner – use eye contact and positive body language.
- Allow each other to speak - Reflect what they've just said back to them so they know you've understood.

Ultimately, we want to go to deep levels of communication with each other where we are sharing from our heart rather than facts or opinions. In what areas of your marriage are you sharing from your heart? le I care about this because it makes me feel happy/anxious/sad.

In this session on our weekend, we share real-life examples, humorous video clips & some practical exercises for you to do privately as a couple that help you go deeper on this subject.

A great way to build up good connections is to talk regularly about fun stuff as well as tough stuff and we're excited to bring you our conversation starters. Take some time to ask each other questions and share your answers. How about using them on a date night?!



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Conversation Starters

We have some great questions to spark conversation.
How about trying them on a date night!

- If we could get away just the two of us, where would you like to go? ... Realistically? ... If money was no object?
- What is your top 'bucket list' wish?
- What is your funniest memory from when we were dating?
- Name people you would like to have for dinner? (two people you don't know), (two people you do know—plan in a date to get them round!)
- I used to always wish I could...
- What would make our kids freak out if they knew it about us?
- What is the most scared you have ever been?
- I remember thinking I was brave when I was young because I...
- If you could spend a day just talking to any one person, who would it be and why?
- If we could spend 24 hours doing anything in the world together, what would you like it to be?
- I like it best when you say...
- The song that always makes me think of you is...
- My sweetest memory of us when we were young is when we...
- My favorite memory of our wedding day is...
- How do you picture our life in ten years? Discuss your similarities and differences when it comes to the future.
- What is the happiest that you've ever been?
- I wish I had learned to...
- How would you describe your hero? What heroic qualities do I possess?
- If we won the lottery, what is the first thing you would buy? What would you buy for each other?
- Name something you would like to do but are scared to try.
- Write down three things that you love the most about your partner. See if they can correctly guess what is on your list.
- Describe a time when you were touched by someone's kindness. How did it make you feel?
- What was your first impression of your partner? Was it accurate? In what ways has your partner changed?
- What is your most embarrassing moment? Decide whose was worse.
- Describe a significant event that changed you as a person. Was this a good or bad change?
- What is something that you would like to change about yourself? How can you achieve this? How can your partner help?