

My Strong Home.com
Keys to Communication
(continued)

Day Five

TO TALK ABOUT:

What are the things that make me angry?

What are the things that make me fearful?

Are there any mutual or individual roots of bitterness in our lives?

What part does forgiveness play in our relationship?

What mechanisms do you find that help you to humble yourself?

I feel my spouse and I don't connect when...

I feel my spouse and I connect when...

I feel my spouse and I disconnect when...

I feel we are cultivating mutual interests when we...

I believe that we are stuck in the area of...

A mutually agreed upon person with whom we would both be willing to consult would be...

The other people with whom we commune and share our lives are...
