

Better Together

JUST
MARRIED
EDITION

TOOLS FOR BUILDING YOUR MARRIAGE

PART 2: BETTER COMMUNICATION

It's easy in marriage to have the same conflict over and over again. In this session, we'll talk about how to improve communication so you can be a strong team that works together to navigate difficult issues.

CONNECT

Take a few minutes to discuss the following questions as a group.

1. When you first got together, did you imagine that you and your spouse would have conflict? Why or why not?
2. Think of a conflict early in your relationship that seems silly when you look back on it now but felt frustrating in the moment. If you feel comfortable, share your story with the group.

LEARN

Watch the video for **Part 2: Better Communication**.

APPLY

1. What did you notice about Russ and Danielle in the video? Could you relate to any of their conflicts or the ways they handled conflict? If so, which ones?
2. Russ learned that the goal of communication is to understand how Danielle feels and why she feels that way. He could give empathy and compassion, even if he didn't agree with her.

Do you think it's possible to disagree, but still have empathy and compassion for how your spouse feels? What could that look like?

3. Russ and Danielle shared several habits that have helped them improve the way they communicate with each other (*counseling or mentoring, practicing soften start-ups, weekly check-ins, and coaching your spouse on what you need*).

Which of these habits feels like it would be the most helpful to your relationship in this season? Which feels the most challenging?

4. In the video, Justin and Allison introduced the ideas of assertiveness and active listening and then gave an example from their own marriage. Take a few minutes to try this with your spouse. (*You can do this one couple at a time in front of the group, or you can provide two–three minutes for everyone to do it at the same time.*)



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BEFORE NEXT TIME

Choose one of the communication habits mentioned in the video and commit to practice it this week.

- Counseling or Mentoring
- Practicing Soften Start-ups
- Weekly Check-Ins
- Coaching Your Spouse on What You Need

After practicing this new habit, talk with your spouse about how it's going and what might make it better.

PRAY

Take a few minutes to allow group members to share any prayer requests and end your time together in prayer. If you want to try something different, have the women and the men split into separate groups to pray together for their marriages and their spouses.

