

MARRIAGE COURSE



UNDERSTAND YOUR SPOUSE



DEEPEN YOUR RELATIONSHIP

MODULE 1

FROM FLOATING ON THE SURFACE
TO DEEP COMMUNICATION



LEVELS OF **COMMUNICATION**

1 CLICHÉ

2 FACTS & INFO

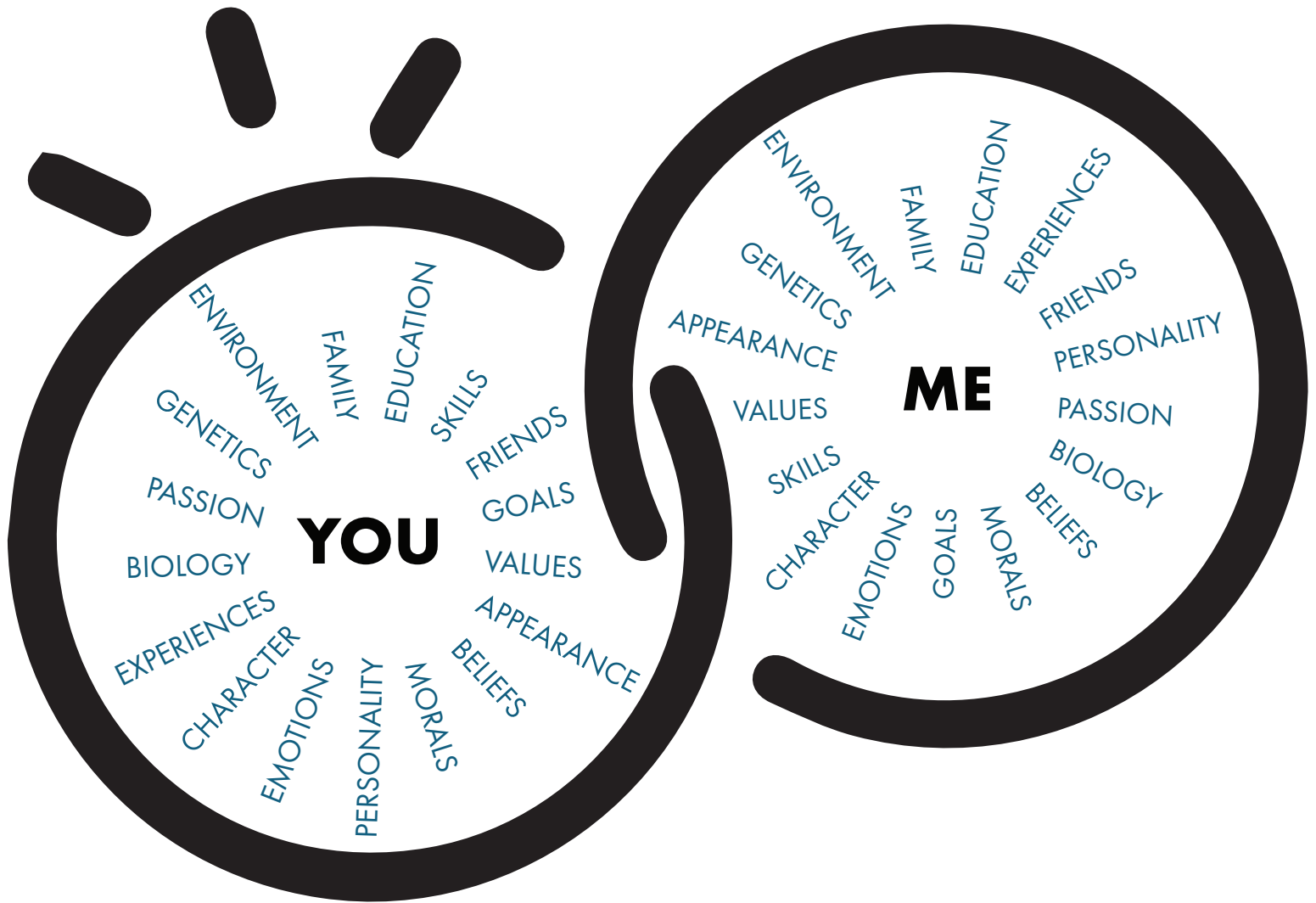
3 OPINIONS & JUDGMENTS

4 BACKGROUND & PERSONAL INFO

5 SHARED FEELINGS

6 REVEALING NEEDS

WHAT MAKES YOU **YOU** **UNIQUELY YOU**



“

*Love takes off masks that we fear we cannot
live without and know we cannot live within.*

JAMES BALDWIN

QUESTIONS TO **LEARN MORE ABOUT YOUR SPOUSE**

Who was your best friend ?

What makes you happiest?

What do you hate not being good at?

What gets you most excited?

What qualities do you value most in a friend?

What do you think is the biggest injustice in our world today?

When you were in high school, what did you dream of being?

What would you like to accomplish in your career in the next 5 to 10 years?

What was the scariest thing that happened to you?

What was the most embarrassing thing that happened to you?

Share an experience that made you sad.

What do you want people to say about you at the end of your life?

What do you like most about your appearance?

What style of clothing compliments you the best?

What traits did you get from your parents?

What class came the easiest to you in high school?

What did you all do for holidays?

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MODULE 2

SELF-AWARENESS



JUMP INTO **THE DEEP END**

We don't _____ things as _____ are, we _____ them as _____ are.

The hallmark of **self-awareness** is self-examination without giving
_____, _____ and _____.

WHAT PREVENTS YOU FROM **JUMPING IN?**

- 1 _____
- 2 _____
- 3 _____



**UNCHECKED
FILTERS SAY:**
YOU RESPOND TO
THE **PAST**

**SELF-AWARENESS
SAYS:**
YOU CHECKED THE FILTER
BUT RESPOND TO THE
PRESENT REALITY



**COGNITIVE BIAS
SAYS:**
I THINK **NEGATIVELY FIRST**

**SELF-AWARENESS
SAYS:**
I'LL **RESERVE JUDGMENT**

EGO SAYS:
I'LL FILL IN THE BLANKS
AUTOMATICALLY

**SELF-AWARENESS
SAYS:**
I'LL WAIT AND FILL IN THE
BLANKS **MANUALLY**

REFLECTIONS FOR **SELF-AWARENESS**

Why am I reacting this way?

Am I having flashbacks?

Is this a trust issue?

_____ ?

_____ ?

_____ ?



HUNGRY?
ANGRY?
LONELY?
TIRED?

“

Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our light.

BRENÉ BROWN

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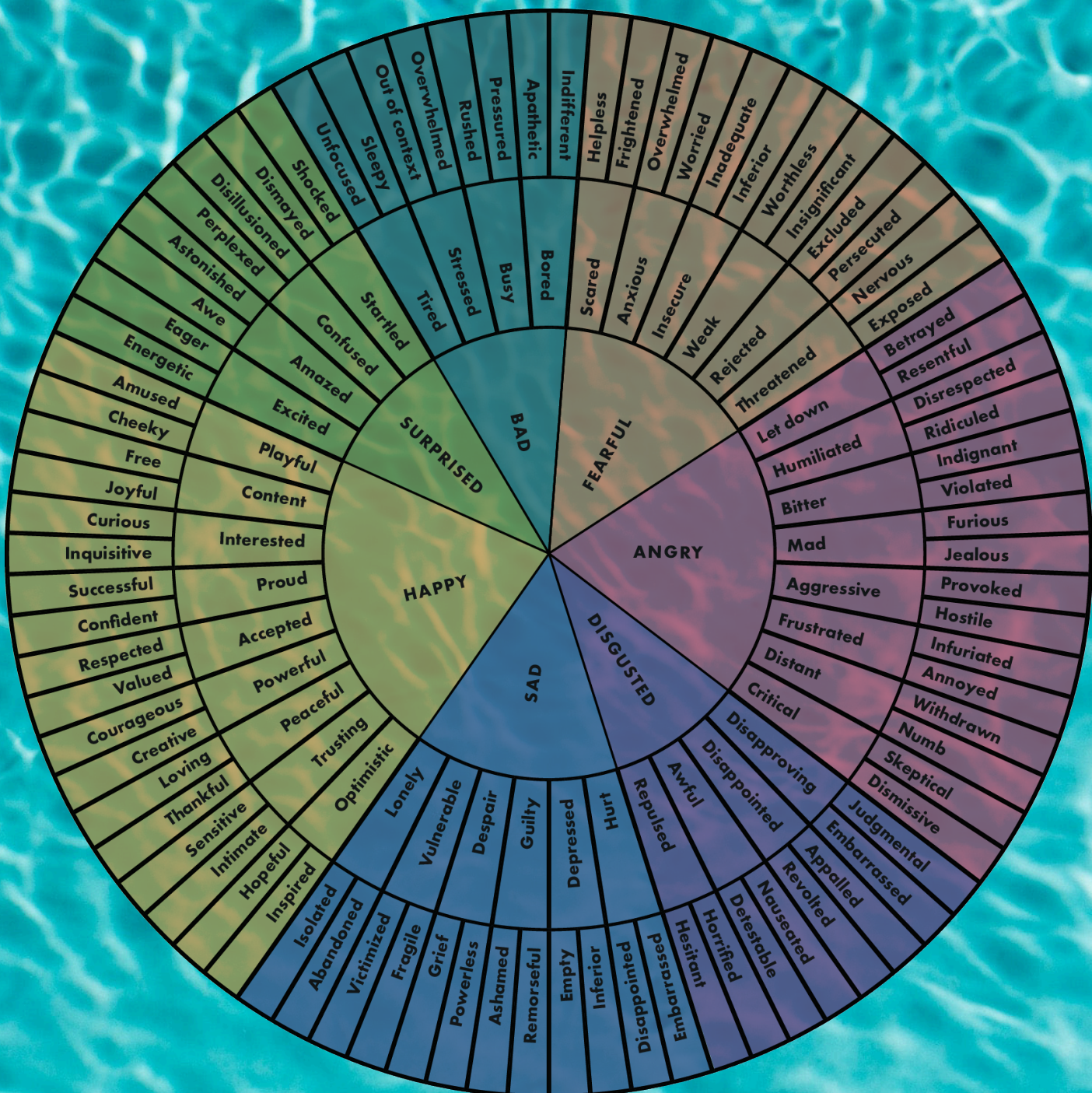
DEEPEN YOUR RELATIONSHIP

MODULE 3

SEEING ISN'T NECESSARILY
BELIEVING



CREATE A SAFE SPACE TO BE VULNERABLE



STUDYING YOUR **SPOUSE**

REMEMBER TO **ASK GOOD QUESTIONS.**

ACTIVITY **EMOTIONS CHARADES**

DIRECTIONS:

1. Cut out (or write on individual paper) each emotion listed.
2. Place the emotions in a jar.
3. Alternate randomly selecting an emotion.
4. Act out the emotion while your spouse tries to guess the correct emotion.



FRUSTRATED	EXCITED	GUILTY
PROUD	BORED	OVERWHELMED
SHOCKED	BUSY	LONELY
HESITANT	JEALOUS	NERVOUS

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MODULE 4

**COMMUNICATING THROUGH
THE DIFFERENCES**



UNDERSTANDING **OUR DIFFERENCES**

How can your differences stop you from having deeper intimate communication and connection?

CREATE A SAFE SPACE FOR YOUR DIFFERENCES.

EMPATHY

.....

SAME TEAM

TIPS TO INVITE YOUR SPOUSE **TO THE DEEP END**



- 1 *Listen!* _____
- 2 *Don't...* _____
- 3 *Ask...* _____
- 4 *Be...* _____
- 5 *Join and...* _____

“

A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.

DAVE MEURER

MARRIAGE
COURSE



**UNDERSTAND
YOUR SPOUSE**



**DEEPEN YOUR
RELATIONSHIP**

MODULE 5

DIVING DEEP



DIVING INTO THE **THE DEEP END**

POOL RULES













FOUNDATION

1 _____

2 _____

3 _____

TOOLS FOR **SUCCESSFUL DEEP DIVING**

- 1 _____
- 2 _____
- 3 _____
- 4 _____



POOL SCHEDULE

Setting aside time to connect

1 _____
Ideas:

2 _____
Ideas:

3 _____
Ideas:

4 _____
Ideas: