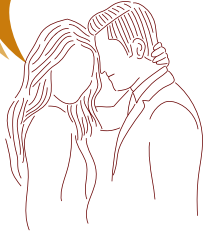


COMMUNICATION & CONNECTION



Building good communication and connection skills is a must and will assist in keeping you and your spouse unified during crossroads and turning point moments in life.

Answer the following questions individually and then come together to discuss.

Remember, listen to understand and then repeat back to your spouse what you are hearing from them.

- Authenticity for me looks like...

- Transparency for me looks like...

- Vulnerability for me looks like...

- Safety for me looks like...

- Repentance for me looks like...
