

COUPLES Conversation Starters



Scan the
QR code
for Couples
Conversation
Starters

Carve out some time for conversation this week and enjoy processing these questions together. Don't stress if you're not totally aligned on *everything*. That's exactly what your SYMBIS assessment is designed to help with, and conversations like this are a key part of growing together.

What's one thing your family always did growing up that you thought *every* family did—until you found out they didn't?

What stood out to you when you created your genogram?
In light of what you learned, what do you think we should do differently or perhaps with more intentionality moving forward?

In our personal work, we had to reflect on our family's culture and traditions. What do you want to carry forward, and what do you want to leave behind from your family?

Where are we aligned in the following categories, and where do we need to work to become a more united front?

- ☐ Roles and responsibilities (*cooking, laundry, yard work, etc.*)
- ☐ Home (*rent or own, location, size, etc.*)
- ☐ Children and parenting (*how many kids, adoption, parenting values, etc.*)
- ☐ Finances (*saving, spending, joint accounts, generosity, etc.*)
- ☐ Extended family (*holidays, involvement with in-laws, traditions, etc.*)



Scan the QR code to access tools to help with tracking spending, budgeting and reaching financial goals.