

COUPLES

Conversation Starters



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for Couples
Conversation
Starters*

Take some time this week to discuss these questions with your spouse.

Share which of the 5 D's you are most aware of and how it's impacting your mindset toward your relationship. What next step have you committed to take to break the cycle so your relationship will grow?

What is one strength you see in your spouse or in your relationship that you want to keep building on? (This would be a great time to let them know.)

Looking back over these past 8 sessions, what is one way you've seen growth in your life? In your relationship?

How can we encourage each other when growth feels slow or challenging? What helps you feel encouraged when you're trying to grow in an area?