

THE WORKBOOK: SESSION 3



ROCK SOLID

MARRIAGE

SESSION 3

STAY *in* **IN THE KNOW** *with your* **PARTNER**

STAYING IN THE KNOW

What are two skills that are necessary for staying in the know with your partner?

1.

2.

SKILLS FOR GOOD COMMUNICATION

What are the two skills that are involved in good communication?

1.

2.

What does it mean to be an active listener?

What are the four depths of openness in communication?

1.

2.

3.

4.



EXAMINE *your* **RELATIONSHIP**

What are some questions you could ask your partner to take your conversations to a greater depth? If you aren't sure, ask your partner what he/she would like to be asked in order to generate deeper conversations.

CONFLICT RESOLUTION

What are the five skills involved in healthy conflict resolution?

1.

2.

3.

4.

5.



EXAMINE *your* **RELATIONSHIP**

Think about a recent disagreement (nothing too major) and then describe below your partner's perspective during that disagreement (i.e. what was his/her point, argument, or hurt over).

WHAT TO EXPLORE WITH YOUR PARTNER

What are the three areas of compatibility you need to explore with your partner?

1.

2.

3.



EXAMINE *your* **RELATIONSHIP**

Take some time and discuss your personalities and how they are similar and/or different. Write down ways that your personalities complement one another? How do they conflict? And what are some ways that you are actually benefited by your personality differences?



EXAMINE *your* **RELATIONSHIP**

Write down your values. Think about family values, spiritual values, beliefs that guide your life, the way you act and treat others, and the choices you make. Now discuss these with your partner. How do your values fit together?



EXAMINE *your* **RELATIONSHIP**

What is your lifestyle? What do you like to do for fun? What are things that you and your partner like to do together?