



LET THE DIFFERENCES BRING YOU TOGETHER:

1)Notice: How are differences in personality between how you communicate or approach a situation in together causing division?

2)How do the differences help in the situation?

3)How are they getting in the way of working together in the situation?

4)What are your spouse's strengths when it comes to this situation and your life together?

5)Initiate a discussion with your spouse about the disconnect between the two of you.

Ask your spouse some open-ended questions like:

-Why do you think we are getting stuck in this area?

-What can we do to get on the same page?

-How are our differences getting in the way?

-Take the time to talk to each other about where each of you is getting stuck. Make sure you let them talk without interjecting and ask that they give the same to you when you have your turn.

