

STRENGTH AND GROWTH AREAS

Strength areas: most agreement, are positive aspects of your relationship.

Growth areas: most disagreement, areas you want to improve.

Circle the areas you agree or disagree most with your partner:

Spiritual Beliefs:

We hold similar values and beliefs.

Strength Growth

Communication:

We share feelings and understand each other.

Strength Growth

Financial Management:

We agree on budget and finances.

Strength Growth

Conflict Resolution:

We are able to discuss and resolve differences.

Strength Growth

Family and Friends:

We feel good about our relationships with relatives and friends.

Strength Growth

Personal Style and Habits:

We appreciate each other's personality and habits.

Strength Growth

Sexual Intimacy and Affection:

We are comfortable discussing sexual issues and affection.

Strength Growth

Children and Parenting:

We agree on issues related to having and raising children.

Strength Growth

Relationship Roles:

We agree on how to share decision-making and responsibilities.

Strength Growth

Couple Discussion:

- Take time sharing what each of you perceive as your relationship strengths.
- Do the same with growth areas.
- Did any of your partner's answers surprise you?
- In what areas did you agree with your partner's answer?
- In what areas did you disagree with their answer?
- Now have a conversation around each question.



REAL MARRIAGE