

THE OUTLINE

PART 2

| COMMUNICATION, CONNECTION AND CONFLICT RESOLUTION

- “Communication is a learned trait.”

- Sometimes the reason there is a lot of tension or miscommunication is because we simply haven’t put energy into the skills it will take to build that healthy foundation.

- Examine Your Life (Again!)

“There is a time to search, and a time to give up, a time to keep and a time to throw away.” Ecclesiastes 3:6

The Serenity Prayer

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

| THE A.W.E. FACTOR IN YOUR LIFE AND MARRIAGE

- Affection

- Warmth

- Encouragement

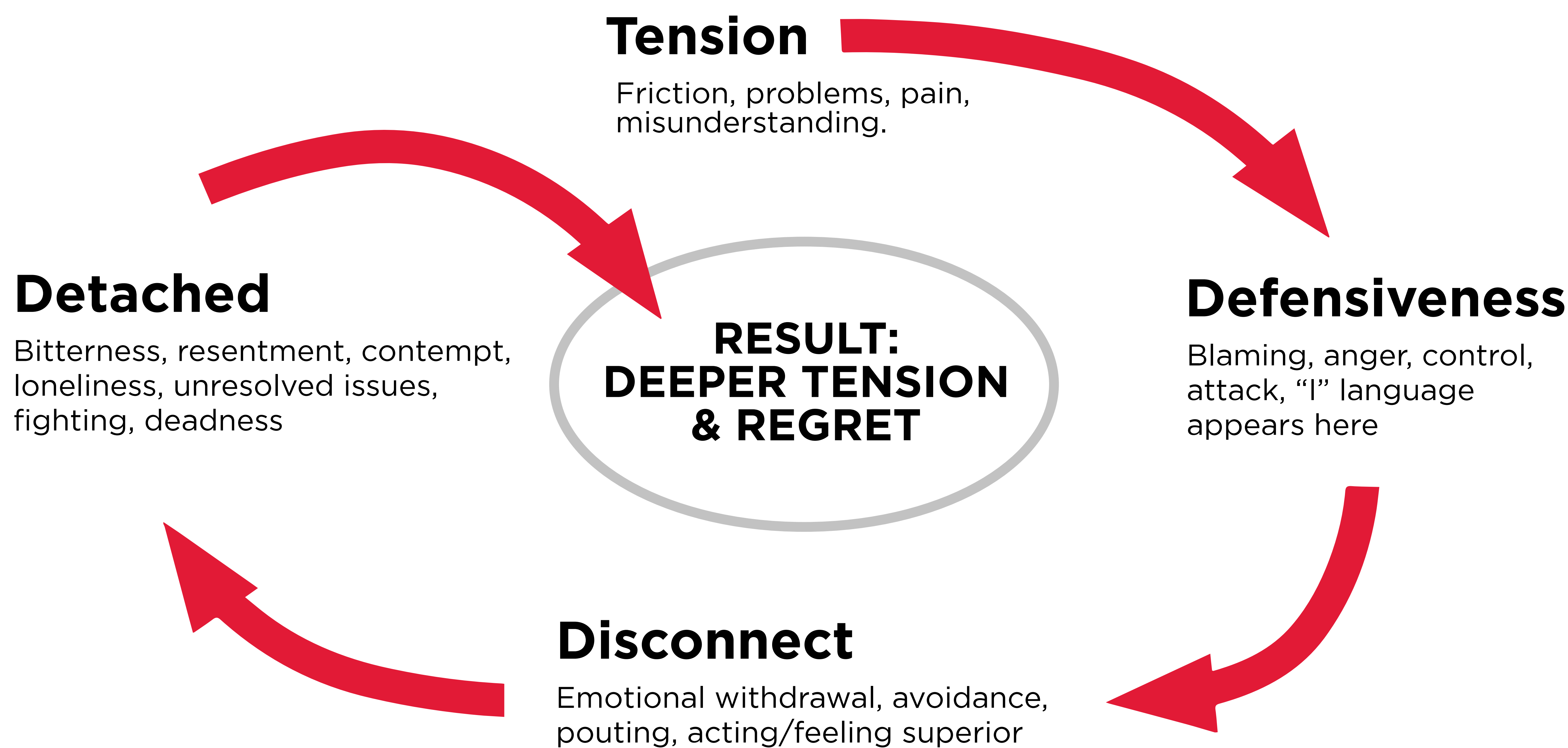
“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Proverbs 17:22

- Communication and Connection

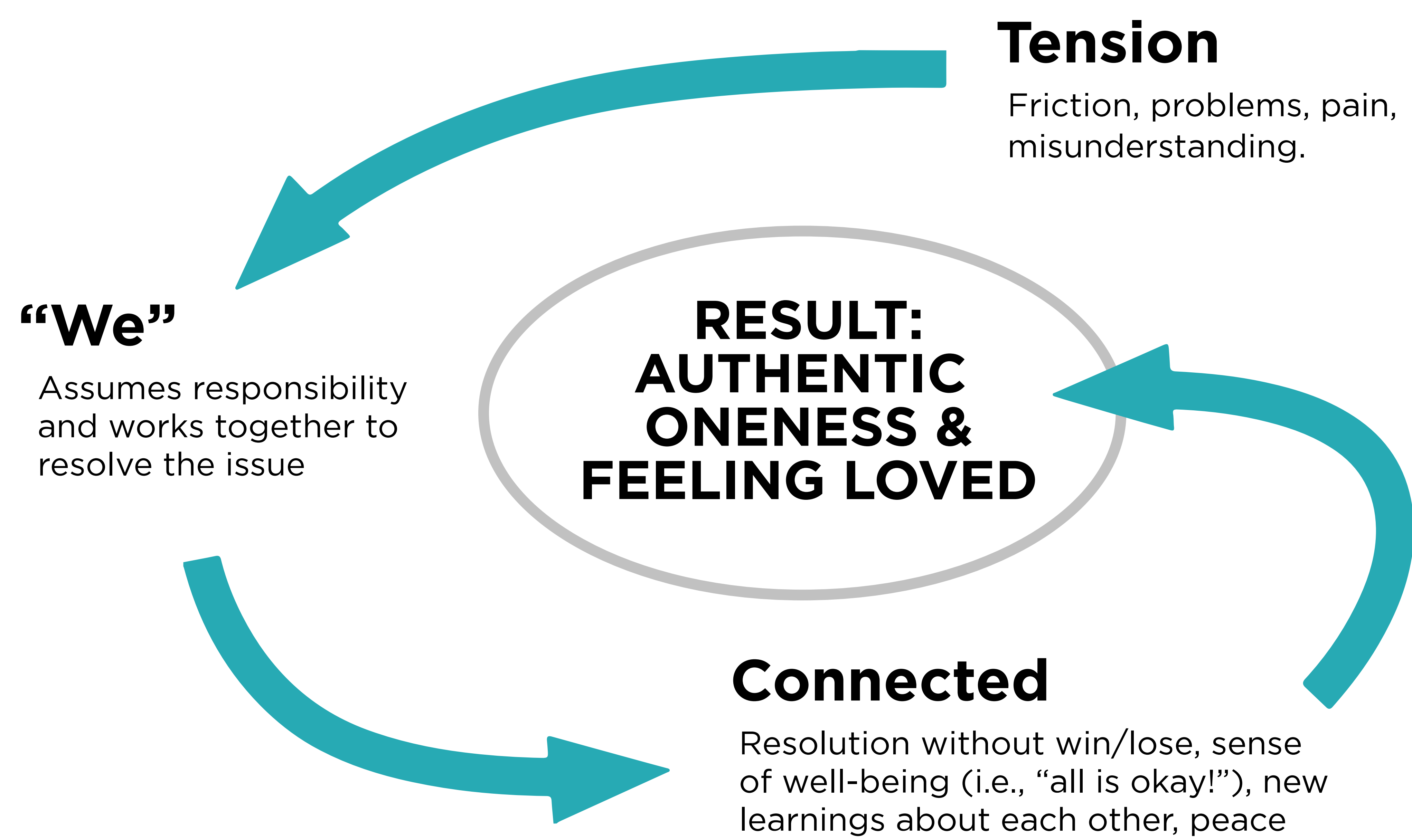
- Be Proactive

- Weekly Connection: The Summit
 - Date night
 - Business meeting
 - Spiritual growth
- Communication and Conflict Resolution

NEGATIVE CONFLICT DANCE



POSITIVE CONFLICT DANCE



PERSONAL & GROUP REFLECTION

PART 2

REFLECTION QUESTIONS:

1. “Communication is a learned trait.” What aspects of your communication would you like to work on for a better relationship?
2. What would the AWE factor look like for your marriage?
3. Jim talked about being proactive with communication through a date night, business meeting (the summit), and time for spiritual growth. What are your thoughts about implementing each of these opportunities for communication?
4. When you look at the Negative Conflict Dance, which areas of the dance are easiest for you?
5. By putting the Positive Conflict Dance into practice, how would it improve your relationship with your spouse?