



# FOCUS MARRIAGE ASSESSMENT

## A Couple's Discussion Guide

Were you surprised by any of your results? Excited to learn your strengths? Share your results and invite your spouse to do the same. Here's how to have a great conversation.



### Review

Review your assessment results and then share them with your spouse.



### Schedule

Set up a time to talk with your spouse. Plan on an hour.



### Discuss

Talk about your strengths and weakness. Invite your spouse to do the same.

Now that you've received your results, we're sure you have a lot to share with your spouse!

Before you schedule a discussion, decide on ground rules and questions that will help you and your spouse grow as a couple. See page two for ideas.

# FOCUS MARRIAGE ASSESSMENT

## Discussion Questions

- What surprised you most about your Marriage Assessment results? Why did it surprise you?
- Which strength stood out most? Why? How can you continue to grow in this area?
- Which weakness surprised you? Why? How can you turn it into a strength?
- On a scale of 1 to 10 — with 10 being the best — how am I doing as a spouse? What can I do to move that number in a positive direction?

## Ground Rules for a Helpful Discussion

- Start the conversation by asking for God's help.
- Make growth — not conflict — the purpose of your conversation.
- Commit to a safe conversation. It's a time to listen to your spouse and share how you want to grow in the coming year.
- Make it your goal to better understand your spouse's perspective.
- Give your spouse the benefit of the doubt.
- Practice good listening skills. Give your spouse good eye contact and resist interrupting him or her. Repeat back what your spouse says.
- Be curious. Ask follow-up questions to gain a deeper understanding.
- Relax. It's OK if the conversation is awkward or if you make mistakes. Remember that growth is the goal of the discussion.
- Close your conversation by thanking God for your spouse.