

## Relationship Start-Up – WEEK TWO – GROUP DISCUSSION QUESTIONS

1. All couples argue over dumb things. Which is yours: the music on the car radio, the temperature of the house, how to squeeze the toothpaste tube, what to watch on Netflix, etc.
2. Please discuss:

The opponent is never your spouse. The opponent is always the tension or the problem. Tensions need to be managed. Problems need to be solved.
3. Opposites attract. How are you different from your spouse or others you love? (For example, you are a morning person and your significant other is a night owl.)
4. Pastor Dave said, “How we treat each other when we’re not fighting is the biggest indicator of how we will treat each other when we are fighting.” Do you agree? What is one thing you’re proud of in your home culture? (kindness, respect, loving words, etc.) What is one thing you’d like to change?
5. What do you think of Dr. Gottman’s statement: “My research shows that if your discussion begins with a harsh start up, it will inevitably end on a negative tone.”
6. The intensity of so many problem solving situations could be dispelled if the definition of a win was “we are growing as a team.” How many marriages have you observed in which the husband and wife were truly a team? How would you like to be like them?
7. Please discuss the following verses:
  - Proverbs 15:1 A gentle answer deflects anger, but harsh words make tempers flare.
  - Proverbs 12:18 Some people make cutting remarks, but the words of the wise bring healing.
  - 1 Corinthians 13:7 Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.