

Table Talk

DIRTY TRUTH ABOUT LOVE PART 3

Discussion questions and conversation starters based on this weekend's sermon!

1. When conflict shows up in your life, do you tend to fight, withdraw, defend, or shut down? Why do you think that is?
2. Are you the “talk right now” person or the “give me 48 hours and a snack” person?
3. What’s a “repeat argument” you’ve noticed in relationships (marriage, friendship, family)? What might be underneath it?
4. What’s your go-to conflict move: silent treatment, over-explaining, dramatic sighing, or investigative journalism?
5. Have you ever realized that an argument wasn’t really about the surface issue, but something deeper? What was it?
6. What’s the funniest misunderstanding you’ve ever had that felt serious in the moment?
7. Why do you think it’s so hard to take ownership first in a disagreement?
8. Who apologizes faster in your relationships—you or the other person?
9. How can taking a healthy pause be different from walking away?
10. When you’re upset, do you need space, snacks, a spreadsheet, or all three?