

Thrive Week 2 Table Discussion Questions

1. Think of a word that means something different to you than it does to your spouse. What is it, and how did you discover the gap?
2. When you feel misunderstood by your spouse, what is your typical first move — and is it working?
3. When do you feel most truly heard by your spouse? What does it look and feel like?
4. Which of the four responses — fight, flight, freeze, or fawn — do you recognize in yourself? Where do you think it came from?
5. What is one communication habit you want to build before your next hard season arrives — and what would it take to start this week?