

SHARING STRENGTH ^{AND} GROWTH AREAS

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control... GALATIANS 5:22-23

Check what areas you agree or disagree about most with your partner.

- Select three Strength Areas (most agreement and positive aspects of your relationship)
- Select three Growth Areas (most disagreement and areas you want to improve)

	STRENGTH AREAS	GROWTH AREAS
1. COMMUNICATION <i>We share feelings and understand each other.</i>		
2. CONFLICT RESOLUTION <i>We are able to discuss and resolve differences.</i>		
3. PARTNER STYLE AND HABITS <i>We appreciate each other's personality and habits.</i>		
4. FINANCIAL MANAGEMENT <i>We agree on budget and financial matters.</i>		
5. LEISURE ACTIVITIES <i>We have a good balance of activities together and apart.</i>		
6. SEXUALITY AND AFFECTION <i>We are comfortable discussing sexual issues and affection.</i>		
7. FAMILY AND FRIENDS <i>We feel good about our relationships with relatives and friends.</i>		
8. RELATIONSHIP ROLES <i>We agree on how to share decision-making and responsibilities.</i>		
9. CHILDREN AND PARENTING <i>We agree on issues related to having and raising children.</i>		
10. SPIRITUAL BELIEFS <i>We hold similar religious values and beliefs.</i>		

COUPLE DISCUSSION

1. Take turns sharing what each of you perceives as your relationship's strengths. Verbally share one strength at a time until you each have shared three.
2. Use the same procedure to share and discuss growth areas.
3. Now have a discussion around these questions:
 - Did any of your partner's responses surprise you?
 - In what areas did you mostly agree with your partner?
 - In what areas did you mostly disagree with your partner?