

## Marriage 101 Session 4

### Fighting Fair

1. What is it that you fight or disagree about most? On a scale of 1-10, how much does it really matter?
2. How would you rate your communication in your relationship? 1-10

### James 1:19-20

<sup>19</sup> My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, <sup>20</sup> because human anger does not produce the righteousness that God desires.

3. When thinking about your marriage, what is the win? What has God brought you together to accomplish?
4. When conflict arises in your relationship what is the root cause? Examples: you are easily offended, you need to be in control, you have to have the last word.
5. Do you find yourself quick to listen or quick to speak? How about your spouse?
6. Rate yourself 1-10 based on how empathetic you are.
7. Rate your spouse 1-10 on how empathetic they are. Discuss these ratings with each other.

### Proverbs 18:2

<sup>2</sup> Fools find no pleasure in understanding but delight in airing their own opinions.

8. How good are you at listening first, and valuing the other person's perspective over your opinion?
9. How good are you at the following things?

Not calling names that tear down

Not raising your voice

Not bringing up the past

Not using terms like always and never

Not using leaving as a threat (Divorce)

Not using passive aggressive tactics

10. How do you process your anger individually and as a couple?

11. Rate yourself and your spouse according to the 5 warning signs 1-10. Have a conversation about why you rated each other that way.

1. Criticism:
2. Contempt:
3. Defensiveness:
4. Stonewalling:
5. Passive Aggressive: