

Marriage Matters Homework
Week 5
February 6, 2022

Chapter 8:

1. How do you express your emotions? How hard is it for you to put them into words? Is your anger ever a covering for fear, shame, or hurt?
2. Replay in your mind a recent disagreement with your spouse. What percentage of your statements were disclosures about your own thoughts and feelings versus statements you made about your spouse's actions and motives?
3. What strategies do you most often use to avoid being honest with your spouse? When have you used double binds, indirection, or misdirection to avoid honesty?

Chapter 9:

1. Think of a time when you spoke in haste and hurt your spouse. What did you say that was hurtful? Did you exaggerate, use trait names, mind read, or shame him or her? What did your words, tone, or actions communicate to your spouse?
2. Think of specific ways that you can affirm God's love for your spouse. Where do you see God's goodness reflected in his or her character? How is your spouse growing as a child of God? How can you communicate this to your spouse?
3. How does your spouse typically feel misunderstood by you? If you don't know, then ask. Remember that understanding doesn't mean that you necessarily agree with him or her.