



DISCUSSION QUESTIONS

EPISODE 11: THE CHRISTMAS EDITION

featuring Rob and Dianne Parsons

1. Often people feel an increasing pressure at Christmas. Can you relate to this? How could you release some of this pressure ahead of next Christmas?
2. Are there are new beginnings that you need this coming January? What will you commit to in your marriage?
3. Is there someone in your life who you could reach out to at Christmas?
4. When during your Christmas celebrations could you take time out to reflect as a couple?
5. What is “something special” that you could hold back to enjoy together during January?

