



DISCUSSION QUESTIONS

EPISODE 19: COPING WITH CHANGE IN THE EARLY YEARS

featuring Tim and Rachel Hughes

1. What are your personal warning signs that you need to prioritise time together?
2. We all process things differently. Take some time to discuss your differences and similarities when it comes to processing things.
3. How can you learn the language and tactics that most help your spouse to express their feelings?
4. Are you in a period of transition? How can you transition deliberately and not on autopilot?
5. Who are the people in your life that you can trust and be vulnerable with?

