



DISCUSSION QUESTIONS

EPISODE 20: COPING WITH CHANGE IN MIDDLE AGE

featuring Simon and Janey Lawry-White

1. Do you find it easy to 'listen to understand', rather than 'listening to react'? How can you grow in this?
2. What are the areas of your marriage where you need to find a workable solution?
3. Are you carrying any baggage? How can you start to tackle that together?
4. What do you need to commit to doing in order to start re-understanding each other?
5. What actions could you take to show value to your spouse in a way that they would appreciate?

