



## DISCUSSION QUESTIONS

### EPISODE 32: THE LONELY JOURNEY OF INFERTILITY

featuring Andy and Sarah Lang

1. How has your relationship deepened during the difficult times of infertility?
2. How can you protect your mental health during this season?
3. How can you keep intimacy and communication at the heart of your relationship?
4. What boundaries could you establish around when you will and won't have infertility-related conversations?
5. Andy set the challenge to spend one month prioritising your marriage and see what happens as a result. How might you commit to this?

