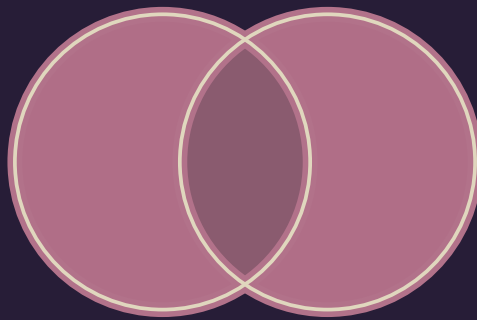


THE
MARRIAGE
SESSIONS



COLLABORATE

Session Notes



PART ONE: PRESSURE POINTS

TOP TIP

When it comes to everyday responsibilities you don't have to share them fifty-fifty, but find a balance that works for you.

“We have a choice: to pull together or to pull in different directions.”

SIM DENDY



- Q1.** What things do you find difficult to work together on? It might be finances, family issues, domestic life – or something totally different.
- Q2.** What could you do differently in order to more successfully collaborate when it comes to tackling some of these issues?
- Q3.** What, if anything, prevents you from working together as a team? What would it take to overcome this?



“At the end of the day, our love for each other overcomes our own personal goals.”

PETE AND
ANNAMARIA BEVAN



PART TWO: HANDLING CONFLICT WELL

TOP TIP

Do your best to talk through any disagreements or arguments and make sure nothing is left unresolved.

“Be the first to say sorry.”

ROB PARSONS



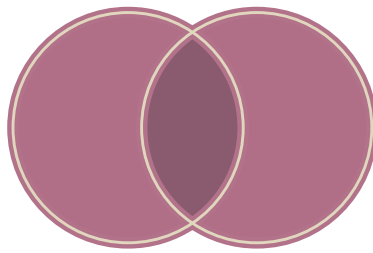
- Q1.** What are the silliest things that you have rowed about as a couple, and what are the more serious things? Have an open conversation about what triggers your anger, and how you can try to avoid these triggers.
- Q2.** How do you and your partner react to having a row? Do you express your anger, repress it, or do something else?
- Q3.** What are the best ways you have found to handle disagreements together?



“Don't expect your partner to be a mind reader. Tell them how you feel.”

MARY CLARE GORMLEY





COLLABORATE

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