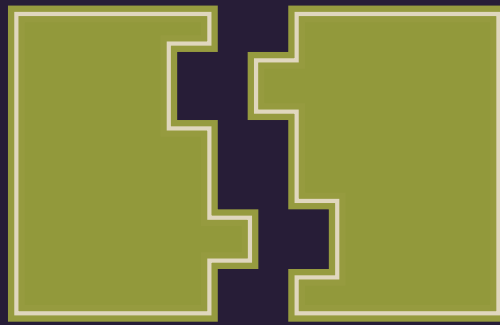


THE  
MARRIAGE  
SESSIONS



CONNECT

Session Notes



# PART ONE: UNDERSTANDING EACH OTHER

## TOP TIP

Accept your partner for who they are and learn to celebrate your differences.

“A strong relationship is a connected relationship.”

WILL VAN DER HART



- Q1.** What are the biggest differences in your personalities? What could you change in order to meet your partner's needs?
- Q2.** What contrasts are there between you with regard to your family upbringing and life experiences before you met?
- Q3.** What things have you learnt to accept about each other? What else might you need to add to this list?



“When we try to make our partner someone they cannot be, we often miss the incredible person they are.”

ROB PARSONS



# PART TWO: THE ART OF COMMUNICATION

## TOP TIP

Become a great listener. Get rid of any distractions and give your partner the dignity of your full attention.

“Good communication is vital – it is the lifeblood of any relationship.”

SIM DENDY



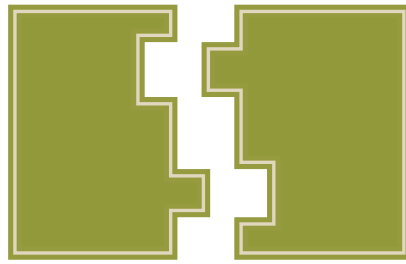
- Q1.** What topics do you find hardest to talk about? What could you do to help you tackle some of these together?
- Q2.** What are your bad habits when communicating? Try to agree on some strategies to remedy these.



“We need to be vulnerable with each other – so be bold, be brave and be yourself.”

SARAH ABELL





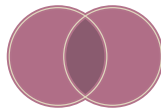
# CONNECT

## Care for the Family resources

If you enjoyed this session, check out the others:



CHERISH



COLLABORATE



COMMIT

Care for the Family has a wide range of resources for couples including podcasts, books, events and articles.

[cff.org.uk/themarriagesessions](https://cff.org.uk/themarriagesessions)



Care for the Family is a Christian initiative to strengthen family life.

A registered charity (England and Wales: 1066905; Scotland: SC038497).

A company limited by guarantee no. 3482910. Registered in England and Wales.

Care for the Family, Tovey House, Cleppa Park, Newport, NP10 8BA, UK.