

## SHARING STRENGTH AND GROWTH AREAS

*But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control . . . — Galatians 5:22-23*

Check what areas you agree or disagree most with your partner.

1. **Select three Strength Areas** (most agreement and positive aspects of your relationship)
2. **Select three Growth Areas** (most disagreement and areas you want to improve)

	STRENGTH AREAS	GROWTH AREAS
<b>1. COMMUNICATION</b> <i>We share feelings and understand each other.</i>		
<b>2. CONFLICT RESOLUTION</b> <i>We are able to discuss and resolve differences.</i>		
<b>3. PARTNER STYLE AND HABITS</b> <i>We appreciate each other's personality and habits.</i>		
<b>4. FINANCIAL MANAGEMENT</b> <i>We agree on budget and financial matters.</i>		
<b>5. LEISURE ACTIVITIES</b> <i>We have a good balance of activities together and apart.</i>		
<b>6. SEXUALITY AND AFFECTION</b> <i>We are comfortable discussing sexual issues and affection.</i>		
<b>7. FAMILY AND FRIENDS</b> <i>We feel good about our relationships with relatives and friends.</i>		
<b>8. RELATIONSHIP ROLES</b> <i>We agree on how to share decision-making and responsibilities.</i>		
<b>9. CHILDREN AND PARENTING</b> <i>We agree on issues related to having and raising children.</i>		
<b>10. SPIRITUAL BELIEFS</b> <i>We hold similar religious values and beliefs.</i>		

### COUPLE DISCUSSION

- Take turns sharing what each of you perceive as your relationship strengths. Verbally share one strength at a time, until you each have shared three.
- Use the same procedure to share and discuss growth areas.
- Discuss these three questions:
  - Did any of your partner's responses surprise you?
  - In what areas did you mostly agree with your partner?
  - In what areas did you mostly disagree with your partner?

