

# Turn it Up! - How to have the lifelong marriage that you really want

## Discussion Questions

### Chapter One - The Connection Question

With each other:

1. What factors do you think cause the connection in a marriage to gradually diminish?
2. What stage of marriage are you in: honeymoon, reality or transformation?
3. Ask yourself “How’s our connection?” and then talk about it with your spouse.

### Chapter Two - Commitment #1 Become One with Each Other

With each other:

1. Share what spoke to you the most out of this chapter.
2. Practice making win/win arrangements.
3. Discuss how you can develop more mutual interests so that you can become one with each other.

### Chapter Three - Commitment #2 Prioritize, Care and Protect your Connection

With each other:

4. Talk about why commitment, trust and respect are so important to a marriage.
5. What are some ground rules you could put in place to protect your marriage from outside influences?
6. Many relationships have been devastated by pornography. If yours has, talk about what you can do to repair the damage, get help and rebuild the intimacy in your marriage. What actions do you need to take right now? If your marriage has not been impacted by pornography, what practical steps can you take to prevent that from happening?

## **Chapter Four - Commitment #3 Demonstrate your Love for Each Other**

With each other:

1. Since loving is giving, what things does your spouse do that demonstrates his or her love for you? Share those things with each other.
2. Talk about how you will divide your household tasks when you get married. If you already are married, examine how your household tasks are usually taken care of. Adjust the responsibilities if needed, so that both of you are satisfied with the arrangement.
3. Ask each other this question: "Is there something I could do to make your life easier?" Talk about how and when you will start doing those things.
4. Complete this sentence, "I feel loved when..." Share what you think your love language is and how your spouse can speak it more fluently to you.

## **Chapter Five - Commitment #4 Keep Learning How to Turn it Up**

With each other:

1. Why is it important to realize you do not know it all when it comes to marriage?
2. What are some practical steps you would like to take, so you can learn from your experiences with each other and turn it up?
3. Take a look at the recommended readings page and pick the next book you would like to read.

## **Chapter Six - Commitment #5 Love God and Ask Him for Help**

With each other:

1. Do you think a connection with God is important in turning it up? If so, why?
2. Can you identify with any of the crazy ways people try to relate to God? The ones we looked at here are: earning God's love, changing yourself first and comparing yourself to others.
3. What concept in this chapter challenged you or spoke to you the most?

4. Several things were mentioned that we need to do in order to grow in our connection with God, such as going to church, praying, reading the Bible and serving others. Discuss which ones of these you would like to be more consistent in and develop a plan to get there.

## **Chapter Seven - Skill #1 Share Your Feelings**

With each other:

1. Several reasons were given as to why it is hard to share your feelings. Those are: a) It is not the right time; b) Something is too difficult to talk about; c) It is not my personality type; d) I do not know how. Do any of these reasons describe why is it hard for you to share your feelings? Talk about what you can do to overcome these challenges.
2. Think about something that happened to you recently and how it made you feel. Use the list of feeling words in appendix A to find the words, then share them with each other.
3. Practice being a supportive listener by using the magic words: “How did that make you feel?” and “Tell me more.”

## **Chapter Eight - Skill #2 Understand Each Other**

With each other:

1. Practice the skill of understanding by sharing a memory of something that happened to you while growing up. Express how it made you feel. Your spouse will then repeat it back to you in their own words and ask; “Is that it?” Continue to describe what happened and how you felt. Then your spouse will repeat it back to you until you feel understood. Then switch places and allow your spouse to share their experience and feelings with you.
2. Talk about how this exercise makes you feel.
3. Validation does not require agreement with what is being shared, but simply understanding and communicating that what someone is experiencing is real for them at that time. Talk about situations at work, or with other family members, where you could have validated another person’s experience.
4. What is your reaction to the phrases “Some problems do not require a solution” and “Why isn’t always a question”? Discuss why it is important to be supportive of each other by understanding, not by trying to fix or solve a problem.

## Chapter Nine - Skill #3 Ask for What you Need

With each other:

1. Think about and share a situation from a relationship you saw on a television show or movie that could have been avoided if one party would have made a request.
2. Pick something fairly easy that you would like your spouse to do for you and make a request using the SMART format. Then allow your spouse to respond with a yes, no or counter offer.
3. Share your reaction to this quote from Brian Fikkert and Steve Corbett: “Do not do things for people that they can do themselves”. What do you think this means? Are you guilty of being parental with each other? How can you empower without rescuing each other, while at the same time helping and serving one another?

## Chapter Ten: Skill #4 Express your Anger in a Healthy Way and Forgive

With each other:

1. There are two extreme reactions to anger. The first one is to stuff it all inside and then explode; the second one is to react angrily to every little annoyance. Which one describes you and why?
2. Why do you think it is important to separate the issue from the person when you are angry?
3. Imagine you are angry at your spouse. Practice expressing your anger in a healthy way, by telling them about how you feel. Be sure to use “I” statements and make a simple request for something to change.
4. Talk about the four steps in the process of forgiveness: place blame appropriately, grieve, choose to forgive and consider reconciliation. Why is it important to go through this process and how does each step contribute to truly forgiving someone?
5. Is there someone you need to forgive? As you go through the process, be sure to ask God for his strength and support. Depending on whom you need to forgive, you can invite your spouse or a close friend to support you in this.

## Chapter Eleven - Skill #5 Manage your Money Together with Wisdom

With each other:

1. Which financial style, spender or saver do you most identify with and why?
2. Identify what is currently missing in your financial situation and steps to remedy it. Those things could be: merging your accounts, tithing, creating a spending plan, setting up an envelope system, learning about investing or giving to others.
3. Is there anything about your finances that you need to disclose to your spouse?