

Follow-Up Activities

Flourishing as a Pattern

- As you consider the presentation, which do you personally identify with more: Pursuer or Distancer? Share with your spouse your response.
 - As you consider the Pursuer/Distancer cycle, discuss with your spouse an example of where you have seen this cycle play out in your marriage. What was the trigger?
 - What were each of your responses?
 - As you self-reflect, which emotions often drive your responses in these cycles?
 - What meaning do you attribute to these emotions?
 - Share your responses with your spouse. How can you better empathize with your spouse in this cycle?
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