



Knowing Through Authenticity

Knowing

What levels of “sharing” do you have in your marriage?

Trust & Safety

What limits safety in your marriage?

Husband

Wife

Couples Time

Which area (knowing, trust, safety, consistency) is the area you and your spouse are strongest in? Why?

Which area (knowing, trust, safety, consistency) is an area of growth? What is one small change you can make to encourage growth in that area?

