

# FANOS

## GUIDED CONVERSATIONS TO BUILD INTIMACY BETWEEN SPOUSES

Couples need to stay connected emotionally, but many spouses find that, in the busyness of a typical week, this emotional connection easily gets lost. Over time, Mark and Debbie Laaser have developed an acronym for couples to use as a guide for regular “check in” conversations. These conversations can be long or short, it’s up to you. They use the acronym FANOS – from the Greek word phainos which means “to bring to light” – to guide the conversation:

### FEELINGS

- Describe what/how you’re feeling. (You can use the back of this page for some clues.)

### AFFIRMATIONS

- Find one or two things you want to affirm about your spouse. This could be something you want to thank them for, or some kind of praise or affirmation you want to extend.

### NEEDS

- Something you need today, not necessarily from your spouse.

### OWN

- Something you’ve done or said that you take responsibility for, or own, or apologize for. This could be something you’ve done wrong, or some way you hurt your spouse, and you need to ask forgiveness. It could also be something you recognize is hard for your spouse, or something you’re doing that – while not wrong – is making things unpleasant (eg. snoring, or being moody, or working late).

### SPIRITUAL

- Give a report on the status of your Spiritual Life. (Any insight or revelation gleaned from the Word, or a sermon, lately?)

To go through the conversation, one person goes through all five “questions” or topics in a row. Then it’s the other spouse’s turn. Depending on how much detail you want to go into, the conversation can last 5-10 minutes, or over an hour.

**Try using this acronym as a guide for a conversation with your spouse every day or every few days.** You will be amazed at the sense of ongoing intimacy you experience.



# How Are You Feeling Today?



EXHAUSTED



CONFUSED



ECSTATIC



GUILTY



SUSPICIOUS



ANGRY



HYSTERICAL



FRUSTRATED



SAD



CONFIDENT



EMBARRASSED



HAPPY



MISCHIEVOUS



DISGUSTED



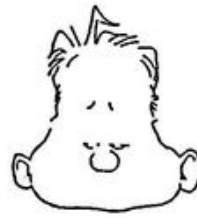
FRIGHTENED



ENRAGED



ASHAMED



CAUTIOUS



SMUG



DEPRESSED



OVERWHELMED



HOPEFUL



LONELY



LOVESTRUCK



JEALOUS



BORED



SURPRISED



ANXIOUS



SHOCKED



SHY