



# SESSION 2

## MESSAGE THREE: MAKING MOMENTS MATTER IN YOUR MARRIAGE

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1. List 5 “defining moments” in your relationship that have helped shape your marriage and share them with your spouse.
  
2. What could you do immediately to put energy into making your top priorities your top priority?
  
3. “Nothing fuels physical intimacy like emotional intimacy.” How would you say your “emotional connection” is with each other? How could you improve your emotional intimacy?
  
4. Which of these helpful thoughts about your relationship seem most important to you?
  - a. Sex is fun! (Pleasure)
  - b. Just say yes! (Initiate)
  - c. We have different sex drives. (Libido)
  - d. Not tonight I have a hang nail. (Hindrances)
  - e. I’m not your mother! (Be his/her lover...not the parent)
  
5. What do you believe you can do to enhance your physical intimacy?



# SESSION 2

## MESSAGE 4: WEDLOCK VS. GRIDLOCK: REASONS, REACTIONS AND GAME-CHANGING RESOLUTIONS

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- 1.** All couples have conflict. Conflict either leads you away from each other or toward each other. Megan talked about “resolved and perpetual conflict.” Name a conflict you have that has been resolved and one that continues to be perpetual. After this session, do you have any thoughts on how to resolve one of your perpetual conflicts?
- 2.** What are your top three gridlocks? (see notes in the worksheet for ideas)
- 3.** Megan talked about HALT as a gridlock. Which of the words relates most to your relationship? (Hunger, Anger, Lonely, Tired)
- 4.** What resolutions can you make toward each other to move some of your conflict from, in Megan’s words, gridlock to wedlock?
- 5.** How will working on the level of your conflicts move you toward greater intimacy?