Take Time to Be a Couple

Complete the following assignments before you meet for the next session.

■ Revisit the *What Is My Communication Quotient?* handout. Review your answers to the question:
  What would your spouse say that he or she would need from you to improve the communication in your marriage?
  Select one skill and commit to practicing that communication skill this week.

■ Discuss the pattern you follow when disagreements arise in your marital relationship.
  How do the arguments usually start?
  How do they usually end?
  What is the general outcome?