

Questionnaire

Elements of Good—Great!—Communication: Something Good to Say.

When discussing these topics, try to practice empathy by showing your fiancé that you've heard what he/she said and that you understand how he/she feels about it! Practice expressiveness by talking very personally about what you feel and avoiding generalizations.

- *Practicing the underlying positive: Tell your fiancé the two or three things you greatly appreciate about him/her. Don't include anything negative at all! Allow him/her to respond with empathy. Then switch with the other expressing appreciation and you expressing empathy.*
- *Already in your relationship each of you have made significant positive changes in communicating since you've met. Tell your fiancé about the changes he/she has made that you most appreciate. (When he/she tells you about the changes, respond with empathy; then switch).*
- *Is the spiritual realm a player in our lives? Do I communicate enough with Christ so I can communicate more with you? Is Christ a factor in our marriage? Is He central or peripheral? Do we really believe and act like He will make a difference in our marriage? (Respond with empathy, then switch.)*

Ask Each Other:

- *What would be the best way for me to let you know that I am disappointed in you and want to talk to you about something you are doing that is bothering me? (In other words: tell me how I should bring up touchy topics so neither of us will get defensive. Once your fiancé has done that, respond with empathy. Then switch roles.)*
- *The 5-1 ratio means that our marriage will need a lot of overt expressed appreciation. How can we remind each other to make that more common? What obstacles will I personally commit to overcoming to make sure that happens? (Moodiness? Distractions? Shyness? Not feeling appreciated myself?) Respond with empathy, then switch.*
- *If I could make one change in improving my communication with you, what change would you want me to make? (Respond with empathy, then switch.)*