



Communication

Developing Good Communication:

- Create an _____ of honesty
- Try to talk about _____ before they become a conflict
- _____ your _____ needs
- Learn how to _____
- Be aware of _____ communication
- Find time for _____

Love Languages

Words of Affirmation: _____

Quality Time: _____

Receiving Gifts: _____

Acts of Service: _____

Physical Touch: _____

Check-In Questions

- How is your heart?
- What was the best thing that happened to you this week?
- What was the worst thing?
- How did I best meet your needs this week? How have you felt loved?
- How did I least meet your needs this week? (Be careful: Don't become defensive when you hear the answer. Just listen!)
- What could I have done differently in that situation that would have been more helpful for us?
- What are you most worried about right now? Is there any way I can help you with that concern?
- What are you feeling right now?