

Questions for Couples Collaboration

When you are disagreeing with your spouse and are in the midst of conflict, it can help if you both take a break and think through the issue while we are calm. First agree to take a break and when you will come back together to discuss. Next, take the following questions and write down your answers.

1. What do I think we are disagreeing about?
2. Why is this important to me?
3. Is it a clear biblical issue and if so, what is it?
4. What (if any) fear do I have if we do it my spouse's way?
5. What prior experience, in my life, is affecting my opinion in this conflict?
6. What strong feelings are behind my decision to disagree with my spouse?
7. What scripture is the Holy Spirit bringing to my mind?
8. Who can I discuss this with to get another perspective?
9. What common ground do I have with my spouse in this situation?
10. How is this disagreement like previous disagreements we have had?
11. Where do I need to trust God in this?
12. What is my prayer for this conflict?

The logo for REALUS features a stylized sun with rays in the background, partially obscured by a heart shape. Below this graphic, the word "REALUS" is written in a large, gold, serif font. The letters are spaced out and are flanked by horizontal lines above and below the text.

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