

# #GOALS

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## LET'S TALK ABOUT IT

1. What examples of marriage did you see growing up?
2. How do you *typically* respond when there's a gap between what you expect and what you experience from your spouse (e.g., you expected them to take care of an important errand this weekend, but they never got around to it)?
3. Andy suggested that in moments of tension with your spouse, you pause and ask: "What *exactly* was I expecting them to do that they didn't do?"
  - Think about the last conflict you had with your spouse. What *exactly* were you expecting them to do that they didn't do?
  - In hindsight, does that expectation seem reasonable?
  - What "generous explanation" could you have made for what your spouse did/didn't do?
4. In the message, Jeff said, "Unexpressed gratitude communicates ingratitude."
  - When have you experienced this (either as the person who should have said thank you or the person who deserved to be thanked)?
  - What's one thing your spouse does (for you or your family) that you could express gratitude for this week?