



Episode 7 Discussion Questions

1. What happens to you physically when you start feeling frustrated or angry?
2. Have you ever heard of the term, “the fear dance?”
3. How did your family handle conflict in your home growing up?
4. How does your family handle conflict now?
5. How do either of these affect how we want to handle conflict in our family?
6. Do you know what your fear buttons are? (abandonment, disrespect, dishonesty, etc.)
7. What is a self-soothing exercise that helps you calm your mind and your physical body when you start to feel the angst?
8. Have you ever heard of the terms “harsh start-up” and “gentle start-up?”
9. It is difficult to stop and process in the middle of the fear dance, but what is one way we can incorporate pausing to process if we catch ourselves in the fear dance?
10. What do you know to be true about me? What do I know to be true about you?
11. When are you freshest and most relaxed in anticipation of a hard conversation?
12. Is there anything we currently need to talk through, work through, and/or address at a deeper level?
13. Do we do a good job of taking a time-out and making sure we come back to the conversation later?
14. Is there a couple further along on the marriage journey we feel comfortable seeking trusted advice from?
15. What do you think about marriage counseling? Would you ever want to partake in it?