



Episode 8 Discussion Questions

1. Monique shared some early signs that could mean you're experiencing a season of generalized anxiety (0 – 6 months)—lack of sleep, broken sleep, loss of/increased appetite, irritability, moodiness, etc. Have you ever dealt with generalized anxiety, and would you say you've experienced some of these signs?
2. Would you be willing to try one of these conversation prompts when you're feeling anxious?
 - a. Here's what the weather would be like if the weather represented how I'm feeling internally.
 - b. If I were to describe what I feel like most days, it would sound like...
 - c. I want to let you know where I am on the map.
 - d. This is what I might need today.
3. Are you aware of what I can do that would be helpful and meaningful to you when you're experiencing anxiety?
4. If we're navigating a stressful and anxious season together, what's something we can focus on that we can control? Let's choose one or two things.
5. How can you practice taking your thoughts captive versus dismissing your thoughts altogether?
6. What does intimacy look like for us right now in this season of marriage?