

Couples Talk 22 June 2020 - additional copy for website post event section

Key resource: Toucan Together is the app for couples to help grow a thriving relationship.

Toucan: <https://toucantogether.com>

Toucan blog: <https://toucantogether.com/blog>

Five common relationship challenges we all face

- **Our differences.** Gender, personalities, backgrounds, expectations and values.
- **50:50 performance model.** This says: "I'll do my bit if you do yours".... it is conditional.
- **Tough times.** The way we respond to the seasons of life and hard times can make or break relationships.
- **Affairs.** Seeking fulfilment outside of the relationship to fill the gap of what is missing.
- **Self-centredness.** Our natural tendency to put our thoughts, feelings and needs first.

Key takeaway(s)

1. Work as a team; play to each other's strengths and cover weaknesses
2. Focus on the problem together, keep the problem as the problem.
3. Be intentional in looking after your relationship, not just when there's a stick patch or problem.

Questions for discussion with your partner

1. Which two of the five common relationship challenges affect your relationship the most at the moment?
2. Take one challenge that you'd like to talk about now. Take turns talking and listening about how the challenge affects you. (If you are not facing particular challenges at the

moment, then talk about what you can do to protect your relationship from any of the five challenges in the future.)

3. Talk about how you can play better as a team.