

## Dealing with your Differences Take-aways

*“What are some of the ways you are different to your partner and how might that be a challenge to them?”*

Try to schedule in some time after this evening’s session in the next week to sit down and chat together about your differences.

Have a think about how you can **capitalize** on your differences, not just bear them or deal with them.

- Remember you are thinking about the ways **you** are different to your partner and potential challenges that brings to your partner. (Not the other way round.)
- Use the [‘do’s and dont’s on listening’ download](#) to help you in your discussion.
- Think about ways that your differences may be a challenge.
- How do your differences complement each other?
- How do they help you work well as a team?
- How can you understand these differences better? Think particularly about how you may communicate differently.
- Differences are part and parcel of two people coming together with potentially different backgrounds, experiences, personalities, values and beliefs.

Here are some areas where couples often experience differences, and which can have the potential to cause tension. You can use these to help stimulate your reflections and discussion:

- Conversation (eg feelings vs facts)
- Going away (adventure vs peace and relaxation)
- Finance (spend vs save)
- Social (evenings in vs party animal)
- Timing (planned vs last minute)
- Order ( everything in its place vs comfortable in a mess)
- Energy (night owl vs early riser)
- Getting it done (Planned vs spontaneous)
- [Physical intimacy – download](#) gives more information on this.

### **Dave and Jo’s top tips:**

1) Don’t assume you know everything about your partner. There’s still stuff to find out 20 years in.

2) If your differences mean that you are stuck, ask God for help. Instead of battle lines drawn, come together to ask God for a way forward.

### **Do’s and Don’ts on listening:**

Download content [here](#)

**Differences in sexuality between men and women:**

Download content [here](#)