

Love that Heals Takeaways

Try to schedule in some time after this evening's session in the next week to sit down and chat together with your partner about the key points that were raised. Below is a reminder of what was said.

- We will all face relationship challenges at some point... some earlier in the marriage than others. Don't be afraid to reach out for help.
- It's important to deal with any baggage from our past; recognising and addressing any triggers that may be causing conflict.
- Learn to put any issue out in front of us... as this helps us to face the issue together = remembering we are on the same side.
- Having God at the centre of our relationship can help bring any healing that's needed individually and as a couple, for our relationship.

Questions

1. Spend some time on your own thinking about whether there are any past triggers, which may be causing conflict or pain in your relationship? Take time to discuss one of these with your partner.
2. Discuss together whether there are any actions you could take from the discussions and advice Junior & Allison shared earlier, which could help bring healing in your relationship?

Useful links

The following article on our Toucan blog touches on some of the things Allison & Junior have talked about. You may find this a useful conversation starter.

<https://toucantogether.com/blog/how-not-to-divorce-be-an-island-with-a-jetty>

Find out what conflict animal you are and how this affects your relationship. Go to our conflict module on our [Toucan relationship app](#).