

Couple's Talk Takeaways – 8th February

- Sometimes we pick up or inherit good or bad habits from the past without realising it. **Are we open to recognising this and making the appropriate adjustments?** Sometimes a [counsellor](#) is helpful in this journey.
- Harry said he was clueless about relationships and had to learn. Many of us need to learn about relationships if ours is to thrive. **This will mean talking about our emotions.**
- If one partner or the other feels **lonely** in a relationship, then this needs to be **discussed and addressed by both partners.**
- Affairs happen when a partner looks outside the relationship for something that he or she is not getting inside the relationship.
- Depression can change the way we feel, think, and behave and hence can be damaging in our relationships. **If one partner or the other is depressed it's good to seek help.** A visit to your GP is a good place to start.
- Harry realised he wanted to save the relationship and **he** needed to change. You can't change the other person you can only change yourself. **In the [Toucan Communications module](#) there are good habits to pick up and bad habits to drop off.**
- Both Harry and Kate found the '[5 Love Languages](#)' a helpful tool for helping them to build intimacy. In Toucan in the 'Loving' module you can learn more about the 5 Love Languages which will **help you build intimacy with your partner in an intentional way.**
- Harry and Kate have both found date nights helpful, and the occasional weekend away.
- Kate realised she needed to be less critical and more accepting of Harry. She learned to recognise the 'triggers'. IE the things that caused her to be critical and then choose not to criticise, instead she accepted.
- Kate's faith helped her in that she recognised that God accepted her because of what Jesus did on the Cross. **Her acceptance was given out of God's love for her and was regardless of what she did or did not do, and that she needed to offer Harry the same acceptance.**
- Harry had to learn to hear suggestions, from Kate not as criticisms. Once he was able to do that he responded differently. We often **think the worst** when suggestions are made by our loved ones. **Wise partners check their assumptions before they respond.**
- **Perseverance** in making these changes is necessary.
- Both Harry and Kate observed that when they felt closer to God their relationship was better, it suffered when they felt more distant from God.
- The husband's job is to love his wife unconditionally and to put her first.
- Questions for reflection/discussion:

- As a husband, how do I need to take responsibility for our marriage?
- How can I communicate affection, friendship and love better to my spouse?
- How does my spouse receive love best? (check out the 5 love languages)
- In what ways do I discourage or neglect my spouse?
- What changes do I need to make?