

DO I TRULY VALUE MY SPOUSE'S NEEDS AND EXPERIENCE AS MUCH AS MY OWN?

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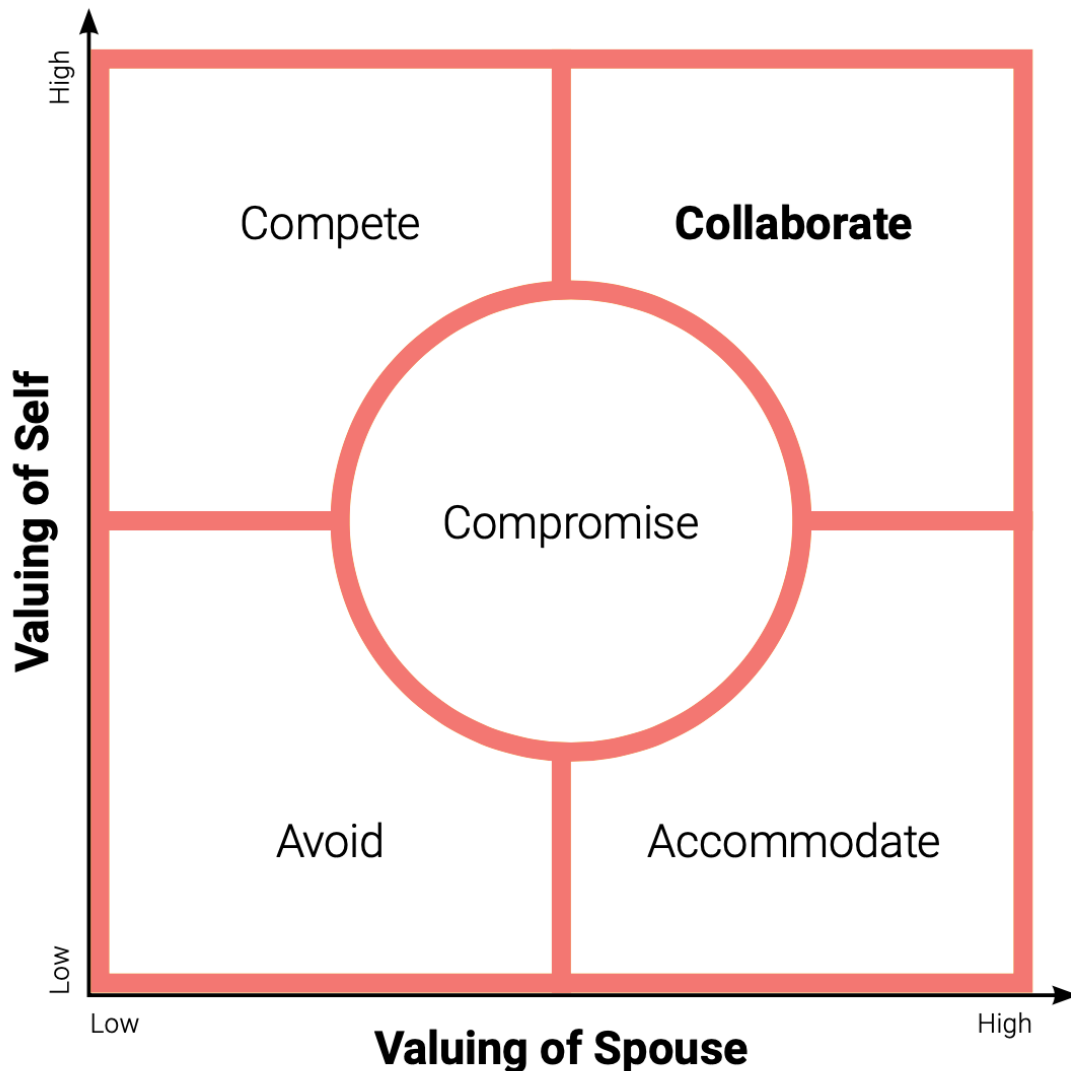


DIAGRAM BY TY MANSFIELD

IN WHAT AREAS AM I COMPETING? DO I WANT TO CHANGE ANY OF THESE?

IN WHAT AREAS AM I AVOIDING? DO I WANT TO CHANGE ANY OF THESE?

IN WHAT AREAS AM I ACCOMMODATING? DO I WANT TO CHANGE ANY OF THESE?

IN WHAT AREAS AM I COMPROMISING? DO I WANT TO CHANGE ANY OF THESE?

IN WHAT AREAS AM I COLLABORATING?

HOW DO I WANT TO BRING MORE COLLABORATION TO MY MARRIAGE?

DO YOU TELL YOUR PARTNER THE TRUTH, EVEN IF YOU KNOW IT'S HARD FOR THEM TO HEAR? WHY OR WHY NOT?

IF YOU DO, IS IT COMING FROM THE BEST IN YOU AND BECAUSE YOU WANT TO BE KNOWABLE? OR ARE YOU TELLING THEM TO HURT THEM? WHY?

DO YOU WANT TO HEAR YOUR PARTNER'S TRUTH, EVEN IF IT'S HARD TO HEAR? WHY?

DO YOU ONLY WANT TO KNOW ENOUGH TO YOUR COMFORTABLE? WHY