

# UNITY SNAPSHOT

How strong is your unity?

Fill out a survey each then come together and discuss your answers.



1. What areas of your life together do you feel are very smooth and doing well? (be as specific as you can)

2. If you could instantly help you spouse see your perspective on something, what would it be and why?

3. On a scale of 1 - 5 how much do you feel on the same page as your spouse about:

- Money, budget, bills, spending
- Sex, frequency, type, etc
- Hobbies & sport
- Family & friends
- Household chores
- In laws
- Careers and holidays

4. Are you comfortable communicating your expectations with your spouse?

Yes  Not yet

Are you ok with your spouse challenging one of your expectations?

Yes  Not yet

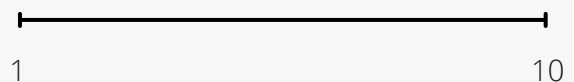
Why do you want to meet your spouse's expectations?

5. How do you both process? Write your names in the appropriate boxes:

Internal Processor	External Processor
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How does this affect how you get on the same page?

6. How well can you meet your spouse's expectations when you don't feel like it or aren't feeling loved?



7. What things matter more to you than to your spouse? (Can be big or small things)

8. What improvements would you like to make to your disagreement style? Discuss this together.