

COMMUNICATION EXCERCISES

Stage One: Identifying Concerns

Describe up to five concerns you have about your relationship, marriage, or life together in general: (NOTE: This could be one issue with five parts, or up to five issues)

1. _____
2. _____
3. _____
4. _____
5. _____

List the feelings you have about each of these concerns:

- Concern #1 _____
- Concern #2 _____
- Concern #3 _____
- Concern #4 _____
- Concern #5 _____

Prioritize: Which concern needs to be attended to first? Second? Etc?

1. _____
2. _____
3. _____
4. _____
5. _____