

**OPEN**

Compliments can help change our internal dialogue for the better. This final session is about the most influential conversation in our marriage—the conversation we have with ourselves. Our self-talk impacts ourselves, our spouse, and our marriage as a whole.

## VIEW

Watch Session Five: *Let's Talk Love* (13 minutes)

## REVIEW

One of the most powerful conversations you can have is your self-talk. Your internal dialogue about your spouse and about yourself can make a tremendous impact on your marriage. It can either be positive or negative.

**Generally speaking, would you say your self-talk is more positive or negative? What effect do you think it has on you and your marriage?**

Les and Leslie pointed to God's grace and love for us, which can radically transform our self-talk. **In what ways has your relationship with God affected the way you think about yourself and your spouse? What difference does God's grace and love have on your self-talk?**

In the story, the death of Jonas and Anne's daughter precipitated a destructive slide in their marriage. They both struggled with feelings of worthlessness due to their silence and actions. **What led to their reconciliation? In what ways did they renew their commitment to one another?**

Negative self-talk tends to stick with us more than positive self-talk. We can even struggle to believe positive words from other people, including our spouse. **What does it look like to accept positive affirmation from your spouse? What could you do to help yourself avoid allowing negative words to stick?**

Les and Leslie closed by challenging us to ask ourselves The Big Question, **"What can I do today to be a better spouse?" Looking back over this study, what's one thing you could do this week to be a better husband or wife?**

## BIBLE EXPLORATION

Read Proverbs 12:25.

This proverb highlights the difference between positive and negative thoughts. Fear and anxiety can weigh you down while kind words can lift you up. **In what ways have you experienced the weight of anxiety? What does your self-talk sound like when you're feeling anxious?**

**What does it look like to speak kindly to yourself? What kind of an effect does it have on your attitude towards yourself?**

Sometimes it's good to speak out loud what we tell ourselves in our minds. It can help us realize that what we've been saying to ourselves isn't true. **What, if anything, intimidates you about voicing your self-talk to your spouse? What could it look like to talk about it with your spouse this week?**

As we close this series, take some time to sit down and talk about what you learned as a couple. Evaluate ways you can improve in your communication and praise the way you've been excelling. Spend a few minutes in prayer asking God to grow you as individuals and as a married couple.

## **APPLY WHAT YOU'VE LEARNED**

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*Select an activity from the list below to begin applying the lessons of this session to your life.*

**Pray:** Pray with your spouse this week about what you learned through this study. Ask God to solidify the wisdom you gathered through Love Talk and pray for ways to apply the truths you learned in your marriage.

**Read:** Read chapter 14 of Les and Leslie's book *Love Talk*. Talk about the chapters with your spouse.

**Assess:** Take Les and Leslie's Better Love Assessment. Discuss your results with your spouse.

**Practice:** This week, take note of your self-talk. Assess how you're thinking about yourself, your spouse, and your marriage. Are you more positive? Negative? Talk to your spouse about your findings and discuss how to grow in your self-talk.