

DRS. LES AND LESLIE PARROTT

Love Talk

PARTICIPANTS' HANDOUTS

SESSION ONE HANDOUT: **COMMUNICATION 101**

**BEFORE GOING THROUGH THE QUESTIONS
ON THIS HANDOUT, WATCH SESSION ONE:
COMMUNICATION 101.**

REVIEW

In what ways do you hope to grow in your communication with your spouse through this study?

If you had to grade your communication with your spouse on a scale of one to five, what would you give it? Would you say you're doing well in your communication? Why or why not?

What advice would you give Terry and Frankie (from the story) to improve their communication with each other?

What could it look like for you to clarify content with your spouse?

What's your reaction when you feel like your spouse truly understands your feelings in a conversation? What could you do to reflect feelings for your spouse?

BIBLE EXPLORATION

READ EPHESIANS 4:29

What kind of speech is unwholesome? What effect can it have on another person?

SESSION ONE HANDOUT: COMMUNICATION 101

What are some examples of helpful speech?

In what ways could these two communication skills build up your spouse?

What could you and your spouse do this week to put Ephesians 4:29 and the principles from this session into practice?

APPLY WHAT YOU'VE LEARNED

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

Pray: Spend time in prayer with your spouse this week. Pray about your communication with each other. Ask God to grow you in the way you communicate with each other.

Read: Read chapters 1–3 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: Practice clarifying content and reflecting feeling with your spouse this week. After your conversation, evaluate how you did and come up with ways you can improve moving forward.

HOW YOU SAY THE THINGS YOU DO

BEFORE GOING THROUGH THE QUESTIONS ON THIS HANDOUT, WATCH SESSION TWO: *HOW YOU SAY THE THINGS YOU DO.*

REVIEW

In what situations is it more likely for you and your spouse to have a conversational meltdown?

Describe a time when you felt emotionally safe with your spouse. How did you treat your spouse? How did the conversation go?

Which of the four needs do you resonate with the most? In what ways have you seen that need play a factor in your marriage?

How did Fred and Elizabeth misunderstand each other? What strategy eventually worked to help them reconnect?

What could you as a couple do this week to discuss the T.A.L.Q. questions together? What could it look like for you to create a safe conversation space for your spouse?

BIBLE EXPLORATION

READ PROVERBS 16:24

What do gracious words sound like? What are some examples of grace-filled words you've heard before?

HOW YOU SAY THE THINGS YOU DO

What makes gracious words have the power to help someone heal? When have someone's words brought you healing?

In what ways could gracious words help create a safe place for you and your spouse?

What are some gracious words that you could say to your spouse this week?

APPLY WHAT YOU'VE LEARNED

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 your safety needs. Ask God to give each of you grace to learn how to navigate conversations in a way that makes each of you feel safe, known, and loved.

Read: Read chapters 4–9 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: Spend some time with your spouse this week talking through the T.A.L.Q. needs and the four questions from Les and Leslie. Tell each other what you need to feel emotionally safe and try to put it into practice this week..

THE SECRET TO EMOTIONAL CONNECTION

BEFORE GOING THROUGH THE QUESTIONS ON THIS HANDOUT, WATCH SESSION THREE: *THE SECRET TO EMOTIONAL CONNECTION*.

REVIEW

What do you think of Les and Leslie's definition of empathy? Would you add anything to their definition?

In what ways have you seen the head and heart aspects of empathy play a role in your marriage?

How did Dave (in the story) manage to bridge the gap to connect with Sue emotionally again? In what ways did that prepare them to remain connected during Sue's later health challenge?

Between rapport or report, which do you value most in a conversation? Why is either rapport or report important to you?

In what ways has your spouse helped you grow as a person since you've been married?

BIBLE EXPLORATION

READ ROMANS 12:15

In what ways does this verse relate to Les and Leslie's discussion of empathy?

When has someone empathized with you? How did you react? What impact did it make on you?

THE SECRET TO EMOTIONAL CONNECTION

What does it look like when you mourn with your spouse? What does it look like when you rejoice with him or her?

What does your spouse's next week look like? Think of what might be overwhelming or overscheduled or causing stress. What could you do this week to empathize with him or her?

APPLY WHAT YOU'VE LEARNED

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. Ask God to grow each of you to be more empathetic towards each other and pray for opportunities to put empathy into practice.

Read: Read chapters 10–11 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: Intentionally try to put yourself in your spouse's shoes this week. Imagine a day from his or her perspective. Think about how the day's events might affect you. Talk with your spouse about his or her day to see how accurate you were.

SESSION FOUR HANDOUT:

CAN YOU HEAR ME NOW?

BEFORE GOING THROUGH THE QUESTIONS ON THIS HANDOUT, WATCH SESSION FOUR: *CAN YOU HEAR ME NOW?*

REVIEW

Why do you think one of our first reactions to problems is to give advice?

Describe a time when advice was overwhelming to you. What would have been more helpful instead?

What's the best advice you've been given about your marriage? What made that advice significant to you?

In the story, how did Ben come to understand Ashley's perspective on their baby's death and reach out effectively to her in her pain? How did that make a difference in their marriage? What did Ben learn from Ashley about faith?

What kind of a processor are you? What does it look like for you to give your spouse space to process?

Describe a time when you stopped a conversation. What happened? What was it like to let a discussion sit and then revisit it at a later time? What did you learn through the process?

BIBLE EXPLORATION

READ JAMES 1:19–20

What are we naturally tempted to do in conversations? Why do you think it can be more natural for us to want to speak instead of listen?

What does it look like to be quick to listen to your spouse? What all goes into listening?

CAN YOU HEAR ME NOW?

Which of the three areas mentioned in this verse (being quick to listen, slow to speak, and slow to get angry) would you say is the most difficult for you? Why is it hard for you?

What could you do this week to listen to your spouse while also being slow to speak?

APPLY WHAT YOU'VE LEARNED

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 being slow to speak and quick to listen to each other. Ask God to make it clear when you should hold back your words with your spouse. Pray God would strengthen your marriage, specifically through how you talk to each other.

Read: Read chapters 12–13 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: Look for opportunities this week to hold back your words with your spouse. Try to avoid giving advice. Give your spouse space to process. Or close down a heated conversation and revisit it at a later time.

SESSION FIVE HANDOUT: **LET'S TALK LOVE**

**BEFORE GOING THROUGH THE QUESTIONS
ON THIS HANDOUT, WATCH SESSION FIVE:
*LET'S TALK LOVE.***

REVIEW

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?

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, what led to Jonas and Anne's reconciliation? In what ways did they renew their commitment to one another?

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?

Looking back over this study, what's one thing you could do this week to be a better husband or wife?

BIBLE EXPLORATION

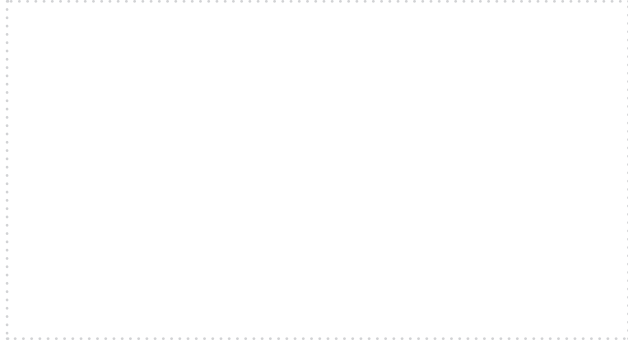
READ PROVERBS 12:25

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?

SESSION FIVE HANDOUT: **LET'S TALK LOVE**

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?



APPLY WHAT YOU'VE LEARNED

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 chapter 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.