



**DREAM MAKER
MARRIAGE TEAMS**

A Guide to Heart 2 Heart Discussions

1. During the week before your Heart 2 Heart, write down what your spouse did that hurt, made you angry, or bothered you during the whole week before the meeting. So, you both need to keep a "Heart-2-Heart" note pad to write everything down.
2. Next write down what you need your spouse to do to fix the problem, hurt, etc.
3. Set aside a day and time once a week to communicate (controlled argument) each others' issues, offenses, what really bothers you about the other person, etc.
 - a. During the meeting, You must show what offenses you have written to your partner or they get a copy of what you are going to talk with him/her about.
 - b. While your spouse is talking do not interrupt them.
 - c. You can only discuss what you have written down. Your spouse is your accountability partner. If it is not on their copy they can object.
 - d. After 20 minutes it's the other spouses turn.
 - e. The last 20 minutes, we talk about what we have planned for the other to fix the problem.
"What I need from you to fix this is: " _____ "



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4. Immediately following your Heart to Heart, go out on a date and talk about your dreams, goals & your future together.

5. As your new week begins, practice giving your spouse what they have communicated to you that they need.

6. Throughout the week you only compliment each other and build each other up.

7. When your spouse offends or hurts you, write it down in your note pad and wait until the Heart to Heart meeting to resolve this.

8. Confidence & trust in your relationship is built as you consistently give your spouse what they have requested from you the other doing what the other asked them to do to fix it.

Key Statement: Follow this template as an effective communication tool to please God.

Scriptures:

Hebrews 11:6; Revelations 4:11