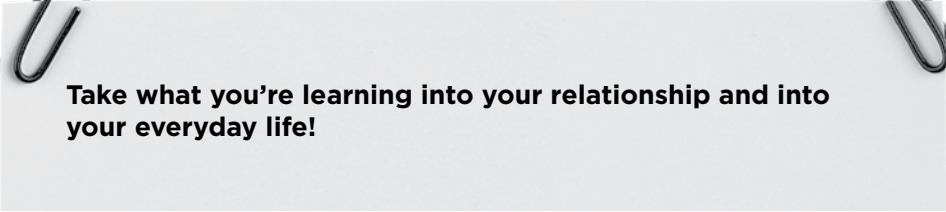




**Making It Real**

**Part 1**  
Cracking the Code  
to a **Deeper Connection**

## Making It Real — Intro



**Take what you're learning into your relationship and into your everyday life!**

*Making It Real* takes you on a quick journey of self-reflection. The short exercises build on what you're learning from the CoupleTalk video sessions. Doing *Making It Real* results in healthy new habits, better understanding of yourself, and greater closeness to your partner and our Lord.

After each video session, there are five parts of *Making It Real*:

**Day 1: Making It Real—in Your Spiritual Life**

Scriptural reflections to help you live out your Christian faith in your relationship.

**Day 2: Making It Real—with Your Partner**

Practicing the exercises and appreciating your partner regularly will make a real, positive impact on you both!

**Day 3: Making It Real—in Daily Life**

Bringing the skills to your everyday life to solidify new habits and to grow closer to your partner.

**Day 4: Making It Real—in You**

Assessments to help you learn more about yourself.

**Day 5: Prepping for the Next Session**

Select your topics prior to the next session to maximize video practice time.

You may choose to do one part per day, all five at once, or whatever fits your schedule. Also, you may choose to do some of these parts with your partner or in a small group.

# Making It Real

## After Session 1: Trading Places

### Day 1: Making It Real—in Your Spiritual Life

(Estimated time: 15 minutes)

#### Making the CoupleTalk Core Values Come Alive

The CoupleTalk program is founded on these qualities: Openness and Honesty, Caring and Compassion, and Commitment. We call them the CoupleTalk “Core Values.”

Openness and Honesty is the ability to fully share with each other what we are really thinking, feeling and wanting. It means a relationship built on truth.

Caring and Compassion refers to the way we share ourselves with each other, and how we treat each other. It means a relationship built on love.

Commitment is putting the needs of the relationship above what I alone want or need. It means a relationship built on faithfulness.

These qualities are also true of God, as revealed in Scripture.

1. Read the following verses that describe aspects of God’s character, and write down the quality of God that’s described in each passage:

Openness and Honesty:

Deuteronomy 25:13-16 \_\_\_\_\_

John 15:26 \_\_\_\_\_

Caring and Compassion:

Exodus 34:6-7 \_\_\_\_\_

Psalms 145:8-9 \_\_\_\_\_

Commitment:

Deuteronomy 7:9 \_\_\_\_\_

Psalms 145:13-14 \_\_\_\_\_

God wants each of us to have these qualities growing in our character too. That's part of being His disciple. One step you can take is to commit to doing the CoupleTalk exercises in class and outside of class. There may be other steps that God is prompting you to take.

2. Reflect on these values as they relate to your relationship. Which is the most difficult for you to demonstrate toward your partner? Why? \_\_\_\_\_  
\_\_\_\_\_

3. Name one specific way you will show Openness and Honesty to your partner: \_\_\_\_\_

Name one specific way you will show Caring and Compassion toward your partner: \_\_\_\_\_

Name one specific way you will show Commitment to your partner: \_\_\_\_\_

**Close:** Spend a few minutes talking with God right now. Ask Him to help you be open and willing to learn new habits. Ask Him to help you practice them towards your spouse. Ask Him for strength and guidance to do the hard work of growth.

## Day 2: Making It Real—with Your Partner

(Estimated time: 5-20 minutes)

**Together, practice the exercises from the video session.** Finish any unfinished exercises and practice the exercises again using new topics.

**Tell your partner regularly that you appreciate them.** It just takes a few moments to say these positive things, yet the good feelings in your partner will linger much longer!

- To help you think creatively about appreciating your partner, complete the following:

*“You’re so good at \_\_\_\_\_.”*

*“I appreciate what you did for me recently when you \_\_\_\_\_.”*

- Find times to share these appreciations — and other ones — with your partner!

*My partner’s response: \_\_\_\_\_*

*How it felt to give an appreciation: \_\_\_\_\_*

Saying these positives — out loud — to your partner is a wonderful way to create a deeper connection!

## Day 3: Making It Real—in Daily Life

(Estimated time: 5 minutes)

Find opportunities to use the skills you’re learning during those everyday moments, when you’re just living your regular life together. It’s a great way to solidify new habits - and to grow closer!

- **Respond with Empathy in Everyday Life**

(A few moments each time)

Find a time before the next session to focus on what your partner is feeling and respond to them in a way that shows them you want to understand. Refer to page 9 in Session 1.

*My partner's response:* \_\_\_\_\_

*How it felt to respond with empathy:* \_\_\_\_\_

## **Day 4: Making It Real—in You**

(Estimated time: 10 minutes)

Take these short assessments which will help you learn more about yourself and your partner.

- **Trade Places with Your Partner**

Step into your partner's "world" and see if you can name the following:

*A small, daily annoyance in my partner's life is* \_\_\_\_\_  
\_\_\_\_\_.

*A recent time when my partner felt really good about him/herself was* \_\_\_\_\_.

Find a time to check with your partner. How accurate were you?

- **My Goals, Hopes, and Dreams**

What do you hope will happen in your relationship as a result of participating in CoupleTalk? Check all that apply.

As a result of this program, I hope that we ...

- can resolve some disagreements that go back a long way.
- learn to treat each other more respectfully.
- understand each other more deeply.
- are reconnected and closer, like the “old days.”
- learn to make our relationship as close as it’s ever been.
- become closer to God as a couple.
- Your own: \_\_\_\_\_

If you choose to share your responses with your partner, try to accept your partner’s responses as coming from their heart. And, it’s okay if you have different hopes and goals!

## Day 5: Prepping for the Next Session

- **Select Your Topics**

(Estimated time: 5 minutes)

You will maximize your benefit from CoupleTalk by having your topics for video exercise times chosen ahead of time. Below are instructions for selecting your topics for Session 2. *Don’t discuss your topic choices with your partner yet; you’ll be discussing them in the next session.*

1. **Topic choice for “An Early Memory of ‘Us’”**

Think back to those fun, exciting times when you were first getting to know each other. On your own, identify one specific event and write your topic choice here:

My topic: \_\_\_\_\_

**2. Topic choice for “Exploring Something Important to Me”**

On your own, think of something important going on in your life (*not* related to your partner or your partner’s relatives). Some examples are a work situation, a relative’s health problem, beginning a new phase of life, or a spiritual question you’re pondering (also, check the list of potential topics on page 22). Write your topic choice here:

My topic: \_\_\_\_\_