

Better Me for a Better We

Conversation Points to Keep in Mind

1. Remember you are not perfect but you are taking the critical step to be a Better Me for a Better We – we applaud you.
2. Don't point fingers. This is not about tearing down but rather about making better. If you want to point fingers, find a mirror.
3. Don't defend. This isn't the time to explain or rationalize why you do what you do. This is time to listen.
4. Ask questions in areas where you feel you need help but where your spouse isn't providing you with guidance. You can't fix what you don't know.
5. Reflect. Spend time alone thinking about what was discussed. Get mad, get over it, learn from it, and decide what you can do to be a better "me" for a better "we."
6. Don't expect big change from yourself or your spouse. It doesn't work that way. Learning and change takes time. When you start catching yourself doing something that you want to correct, you will be able to start changing.
7. This is about purpose not perfection. You may need to remind yourself of that from time to time.