

# Getting Started Discussion Guide

## Questions to Reflect on Discuss

The below list is intended to "get you started" as you take the time to reflect and ultimately take that critical step in beginning the conversations.

The journey to a Better Me for a Better We for the betterment of your family starts with you. We applaud you taking this difficult but important step.

### Reflect On:

1. How do you see yourself as a spouse?
2. How do you see yourself as a parent?
3. Is your family/marriage what you imagined?
4. What would you change?
5. What has always bothered you about your parenting and being supportive partner?
6. What are the things you agree/disagree on and which of those could you do more about?
7. In the time together what have you noticed about your spouse that has changed?
8. What are the small things you can do first to make a better ME?
9. Are you spending enough personal time together with your spouse?
10. Are you spending enough time together with your family?

### Questions focused on a Better Me!

11. How do you see yourself as a spouse?
12. How do you see yourself as a parent?
13. How do you see your spouse as a parent?
14. How do you see your spouse as a spouse?
15. Is your family/marriage what you imagined?
16. What would you change?
17. What are the things you agree/disagree on?
18. In the time together what have you noticed about your spouse that is constant?
19. In the time together what have you noticed about your spouse that has changed?

### Questions focused on a Better We!

20. What are the small things we can do first to make a better WE?
21. Are we spending enough personal time together?
22. Are we spending enough time together as a family as a whole?
23. Are we spending enough time together/individually with friends?
24. What is one thing we can work on individually to help make a better WE?