Instructions for the "Communication Cards"

1) If you have access to some 100 or 120 gsm A4 card put this in your printer to print the cards on.

2) With guillotine or scissors cut the printed cards to size.

3) Shuffle them.

4) It is suggested that you each answer one question per 'session' and that the cards be used, as a maximum of just once per week.

5) When using them, make sure that they are face down and then ask your spouse to choose a card at random – keeping it face down.

6) Having chosen the card your spouse then gives it to you, to turnover and answer the question and discuss as need.

7) When the discussion, or you have finished it is then your turn to take a card at random, keeping it facedown and passing it to your spouse.

8) 'Used cards' are to be placed at the bottom of the pack.

What words, phrases make you feel really appreciated ?

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How do you prefer to relax, unwind after a long day?

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When I give you an affectionate hug, or a kiss in public, how do you feel about it ?

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Do you think that we are good stewards of the money we are blessed with?

What would you change?

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What makes you feel most listened to, and most understood in our marriage?

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Is there any one thing we should never stop talking about? Why is this important to you?

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Do you believe that we are spending enough quality time together, just you and I?

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What areas do you find difficult to talk about with me? How can I make it easier for you?

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What is your most enjoyable way that we spend time together and why?

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What are your feelings when I don't listen to you?

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To become a better listener what is one thing I can do?

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Are there any topics you wish we talked about more and what are they?

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What non-verbal cues, through my body language do you observe in our conversations?

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What are the times you feel we could improve our communication?

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Are there some communication habits we need to work on together and what are they?

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Do you feel that you are direct or indirect in your communication?

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What changes should we make to ensure that we're actively listening to each other more often?

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What is the prime non-profit organisation do you believe in supporting? Should we do more for them?

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