

## WORKSHEET 2 – RECOGNISING OUR DIFFERENCES

**Instruction: Take turns as you share your answers to each of these questions with your partner**

As a couple discuss the following. There are no right and wrong answers. The point of this exercise is to understand one another better – not to correct or blame each other.

- How do you normally respond to disagreements? is your preference to keep the peace and avoid any conflict, seek to work it out together or be more controlling and seek to have your own way?
- Do you prefer to plan things or be spontaneous?
- Are you normally early, late or on time?
- Do you enjoy time with other people or time on your own?
- Are you an owl (enjoy staying up late) or a hornbill (enjoying being up and active early in morning chattering away)?
- Are you normally tidy or messy?
- Regarding money, if you ever have any spare cash, do you prefer to spend it now or save it for later day?

Remembering that we are all different and the aim of this exercise is to recognise these differences and not to blame one other, do any of these differences cause unnecessary daily conflict in your relationship?

Remember: When listening, make eye contact, do not interrupt and reflect back to your partner what you have heard.

‘Accept one another just as Christ has accepted you’. (Romans 15:7)