



Homework #3

The DNA of Relationships

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This week's assignments (to be completed during the week with appropriate time for the exercises to be determined by each family)

Adults(s): Read chapter 3, pages 41-64 *The Power of One: Take Personal Responsibility*. Complete the *One-Minute Review* on page 65.

As a Couple (or family): Answer the "Recapping the chapter questions on pages 189-190.

Family Meeting: Complete the "Applying principles from the Bible" section on pages 190-191.

Class Discussion Questions:

1. How is our power to choose both a freedom and a responsibility? Take into consideration all kinds of choices, from the mundane to the life altering, from the most personal to those that affect vast numbers of people.
2. The overarching message of this chapter is that we have the power to change our relationships, even in those instances where we are certain that the problem is the other person's behavior. If this is true, what implications does it have for your troubled relationships?
3. When you have conflict in your relationships, where do you tend to place the blame? On the other person? On external circumstances? Or on yourself (taking responsibility for your own responses)? What can you do to take personal responsibility for your thoughts, feelings, and actions?
4. You can choose your reaction, and your reaction is based on your thoughts." Discuss the power of your thought life over your actions and emotions. How important is it to gain control over your emotions? Give specific reasons for your answers.
5. Look more closely at the fourth step of gaining control of your emotions: "Don't look to others to make you happy." Reflect for a few moments on your current level of happiness. On a scale of one to ten (ten being the highest), what rank would you give your happiness? What would it take to make you happier? How can you change your thoughts about your circumstances to help raise your own degree of fulfillment?
6. ***Final Word:*** *We each are responsible for our own conduct or actions. Galatians 6:5*

In your family meeting this week, pray specifically to be reminded that we each are responsible for our own actions. Galatians 6:5