



## Homework #5

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 5, pages 89-107 *Self-Care: Keep Your Battery Charged*. Complete the *One-Minute Review* on page 108.

**As a Couple (or family):** Answer the "Recapping the chapter questions on pages 194-195.

**Family Meeting:** Complete the "Applying principles from the Bible" section on page 195-196.

### Class Discussion Questions:

1. What charges you? What drains you? What importance do you typically place on taking care of yourself?
2. What are some ways you could improve your self-care as well as some healthy habits you've established to cope with life's stresses.
3. Discuss what it means to evaluate the truth of your emotions. Which is more difficult for you: identifying your emotions or evaluating the truth of them? Explain your answer.
4. Looking at the One-Minute Review for chapter 5, which of the seven main points from the chapter were the most interesting and why?
5. ***Final Word:*** *Don't let anyone condemn you by insisting on self-denial...We grow only as we get our nourishment and strength from God. Colossians 2:18-19*

In your family meeting this week, pray specifically to be reminded that God is our nourishment and our strength. Colossians 2:18-19