



Homework #6

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 6, pages 109-128 *Emotional Communication: Listen with your heart*. Complete the *One-Minute Review* on page 129.

As a Couple (or family): Answer the "Recapping the chapter questions on pages 196-197.

Family Meeting: Complete the "Applying principles from the Bible" section on page 197-198.

Class Discussion Questions:

1. What are your communication strengths and weaknesses? What effect do they have on your relationships?
2. What are things other people sometimes do or say that shut down your feelings of freedom to communicate honestly?
3. Describe some ways in which people have helped you open up in the past. What makes you feel understood?
4. Of the six main points from this chapter, which one do you most need to put into practice in your relationships?
5. ***Final Word:*** *I pray that your love for each other will overflow more and more, and that you will keep growing in your knowledge and understanding. For I want you to understand what really matters. Philippians 1:9-10*

In your family meeting this week, pray specifically to grow in your communication.