

PREPARING FOR

Marriage

THE TALE OF TWO BRAINS

MEN: Think about one thing at a time or nothing at all. Each thought is in a box.

WOMEN: Every thought is connected. It is easy to transition from thought to thought.

How does your fiancé think, relate, and communicate?

Do you both process information completely differently?

If so, what challenges does that present to your marriage?

If you both process information in a similar way, do you foresee any challenges?

Name:

Think:

Relate:

Communicate:

Name:

Think:

Relate:

Communicate:

BECOME CONNECTED

What did you learn about communication growing up that affects the way you communicate now?

Together, define the word "respect." You may need to spell it out thoroughly to ensure that there is no misunderstanding.

Ask each other about when you feel most connected. Do you have similar or different answers? How will that affect your behavior in the future?

What's the best scenario of you both in the midst of chaos? What are the best steps you can take to promote a constructive conversation? In detail, describe these steps.

DON'T FORGET: When there's conflict, someone often feels disconnected.

WHAT ARE YOU?

**OUT-LOUD
PROCESSOR**

or

**INTERNAL
PROCESSOR**

EXTROVERT

or

INTROVERT

**ONE WHO SHOWS
EMOTIONS**

or

**ONE WHO HIDES
EMOTIONS**

USEFUL RESOURCES

“The Tale of Two Brains” by Mark Gungor

“For Men Only: A Straightforward Guide to the Inner Lives of Women” by Shaunti Feldhahn

“For Women Only: What You Need to Know About the Inner Lives of Men” by Shaunti Feldhahn