



Beauty of Eden

Marriage Enrichment Seminar

BREAKOUT SESSION 1

(We also encourage partners to discuss this together)

1.

Mention 5 top things that trust mean to you?

This question gives you the opportunity to develop an understanding of each other's perspective and it causes you to go deeper with the conversation.

2.

Mention 5 things trust look like in a relationship?

This question gives you an opportunity to create a visual description of trust. For example: keep your word or coming home when you say you are or calling when you're running late.

3.

What are some ways couples can work together to develop and increase trust in our relationship?

This question gives you the opportunity to identify and discuss how you are going to build and keep trust in your relationship, and it makes you accountable to each other.