

# Improve Your Communication: Improve Your Marriage

## *The Relationship Workshop*

### Week 1 Self-Reflection and Goal Setting

What is working regarding our communication? What are we already doing well?

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What isn't working regarding our communication? What do we want to improve on?

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What are your best hopes for taking this course?

What changes do you hope to see? What are some things you want to be able to do?

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