

# DISCUSSION QUESTIONS

## ***Secrets of a Soulful Marriage: Creating and Sustaining a Loving, Sacred Relationship***

**Jim Sharon, EdD, and Ruth Sharon, MS**

### **Preparation for Group Book Club**

What support and understanding do you need/want from the others in your group so that the book club is a worthwhile experience? What agreements can you establish so you can feel safe to grow as your own evolving soulful self and as a couple? Are you willing to take responsibility for your personal needs getting met? Will you encourage others to be assertive about their needs too? Keep a record of your agreements and guidelines.

Decide on the format, meeting times and places and duration of your book study, as well as leaders and support roles. Will you include food? Alcohol? Babysitting support?

Will you bring in outside speakers or facilitators to enhance the experience? Seek guidance and support from the authors of *Secrets of a Soulful Marriage*, Jim and Ruth Sharon, through [www.energyforlife.us](http://www.energyforlife.us).

### **Table of Contents**

As you read over the Table of Contents, what chapter first calls your attention? What draws you to that chapter?

### **Introduction**

What emotional reactions (positive or negative) are you aware of when you read the Introduction and prepare to delve into this evocative book?

Share your personal story of meeting your partner.

What are you placing in your “backpack” to take on the journey of a soulful relationship?

### **Chapter 1**

How has your personal history influenced your current or most recent love relationship?

What condition is your “I am lovable and capable” sign in right now? What do you need in order to repair rips and tears from your past? How might you polish and shine your sign?

What has helped you to overcome your need to be perfect? What tips can you offer about accepting yourself? About embracing your partner?

Discuss what the term “shifts in consciousness” means to you.

Keep a journal or record of your changes throughout this book study. Be creative in how you express your journey (art, poetry, prose, etc).

## **Chapter 2**

What are some negative attitudes or behavior patterns from your past that you have discontinued? How are you now more authentic in your life and in your relationship?

What are some ways that you and your partner encourage each other's independence or autonomy? What are some examples of how each of you supports the other to express his or her individuality?

What is the next step you would like to take, or know you need to take, toward forgiving yourself or your mate?

List a few instances in which you managed or overcame fear and in the process improved your relationship.

## **Chapter 3**

Discuss your challenges in speaking clearly, assertively and powerfully, especially when angry or stressed.

Share several examples of you and your beloved communicating successfully and masterfully.

What are you learning about listening in a "dance" with your partner's speaking?

How can you use the "cup" and "sword" to deescalate the power struggles you and your partner engage in?

What communication tools, including fair fighting, do you practice to connect effectively with your lover? What supportive tips can you offer to the group?

What communication skills do you want to practice or hone through your group participation?

## **Chapter 4**

Describe some of your thoughts and feelings of cherishing your beloved. How have your feelings deepened or intensified over time?

What are some ways you demonstrate respect for your mate? How have you been more respectful over time?

How would you want to honor your spouse more? What concrete changes can you imagine resulting from being more adoring and respectful?

List some ways in which you and your partner honor differences between you.

## **Chapter 5**

What are some of your favorite ways that you two reignite the fire of passion and bask in

the warmth of intimacy?

What risks are you willing to take to share more of your authentic self?

How effective are you at expressing your dreams and goals? Your true feelings and needs? Vulnerable aspects of yourself?

Growing takes courage and commitment to evolve into more of yourself. What does being curious, living in the mystery and exploring positive possibilities mean to you?

What types of in-house dates bring you closer? What out-of-the-house dates do you want to plan for the near future?

How would you introduce more surprise into your soulful relationship?

### **Chapter 6**

Identify two or three areas of your personal life that are flowing rather smoothly, such as your job, exercise, recreation or spirituality. Conversely, what are a few areas you need to further develop?

What facets of your relationship with your partner are in harmony, such as common interests, romance, household management and parenting? Which ones are “out of sync” or require greater collaboration?

What are the main challenges you encounter in leading a balanced life?

To what extent do you and your spouse balance personal autonomy with soulful connection in your relationship? Explain your response.

### **Chapter 7**

Tell the group about your children or your intention for having children. Describe your parenting style and challenges. What “shifts in consciousness” are you aware of regarding how you were raised and how you raise your children?

What are some of your secrets for staying connected while parenting? How would you describe couple care?

Who is in your village (supportive community)? How do they help you to raise your family in healthy ways? What role models do your kids emulate? What support do they offer you?

How do you develop a spiritual home for you and your family?

What works and what doesn't work in your efforts to evolve as a soulful family?

### **Chapter 8**

Extend your wishes and dreams farther than usual in picturing a glorious future for your relationship. What would be some initial steps that you and your beloved could take toward realizing at least some of that splendid future?

If you were to draft a mission statement that represented your relationship ideals, what key items would you want to include?

What “keys” are you willing to use to clearly enliven and enhance your relationship?

How can you more actively support your partner to fulfill her or his life purpose?

### **Invitation: The Promise of Love**

What does the opening quote about living as a spiritual being having a human experience mean to you?

What wisdom can you share with the others in your group that may light their path?

What do you sense about your partner being a catalyst to your spiritual awakening?

Describe how you have matured emotionally and have become more available to love and be loved in your relationship.

What do you think, feel or sense about love being a holy crucible? What ways do you consciously energize your soul purpose by being together?

Share your vision of the promise of love being fulfilled in your soulful marriage.

Feel free to add other questions for your group and send feedback to [info@energyforlife.us](mailto:info@energyforlife.us). Affirm yourself and those in your group for taking the journey as a soulful person in soulful relationship.