

'Stuff' Conversations

'Stuff' Conversations create the organization and order in your lives. They increase trust and unity in your marriage because you will be on the same page!

'Stuff' Conversations should happen twice a day (before you part, and after you return). Start them with a long, sloppy passionate kiss and a hotly heated hug. It makes them go better and more fun!

An important 'Stuff' Conversation is the 'Weekly Couple's Meeting'. This is when you review all the 'stuff' that will be happening the upcoming week. (The agenda can be downloaded from the same page.)

What to talk about in 'Stuff' Conversations:

Schedules and calendars -

- ♥ When will you be going to work, school, church, and other activities. Some of these things happen the same time every day, they never change and so you don't need to spend a lot of time talking about them.
- ♥ When and where will you be eating meals? (See menu below.)
- ♥ Other events and activities that are less constant or frequent – birthdays, holidays, date nights (must happen at least weekly, but which night?), vacations, girl's nights, boy's nights, exercise schedules, business travel or meetings, church or community activities, family reunions – anything that may take you away or has to be done.
- ♥ Weekly date nights, 'weekend aways', and 'Weekly Couple's Meetings' should be planned and on your calendar faithfully!

Roles and Responsibilities –

- ♥ Who's cooking dinner, who's doing the laundry and when, who's cleaning the bathroom, who's taking out the trash, who's paying the bills and when? In your marriage there are roles and responsibilities to which you have or will commit to each other to do and when you'll be doing them. It's best to talk about and plan for these things! If you discuss your roles and responsibilities during your Weekly Couples Meeting, the daily dialog can be minimized to changes because things have come up.

Money (finances)

- ♥ What will you be spending money on today?
- ♥ All expenditures should have been agreed to by **both** of you in your 'Weekly Couple's Meeting.'
 - Is the expense necessary and planned for?
 - Is it in your budget?



- Who, how and when will the expense will be paid?
- ♥ Agreeing and complying with the agreement will help you avoid a lot of conflict, mistrust, arguing and fighting.
- ♥ Hold yourself accountable to the budget you agree to.
- ♥ If there are unexpected or unplanned expenses, they should be talked about in 'Stuff' Conversations.
- ♥ It is very important that both of you make the decisions about your use of money. (For more info see the 'Money Matters' module.

Menu –

- ♥ What, where and when will you be eating?
- ♥ Who will be preparing it?
- ♥ Who will be buying the food and when?
- ♥ In your weekly or monthly 'Stuff' Conversations or Couple's Meetings:
 - Create the menu,
 - Decide who will buy the ingredients and when.
 - Who will prepare the meal.
 - What can be used for snacking and what will be used in other meals

Your life can and will get extremely busy and hectic – if it isn't already - you'll find that when you develop the habit of having your 'Stuff' conversations consistently each day you'll enhance your relationship, strengthen the bond between you, increase your wealth and prosperity and love each other more than ever before!