



30 Complete Conversations™ for Married Couples



Coach Keith

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DISCLAIMER: This program/ebook cannot replace the services of a qualified mental health professional. Neither the author, or Complete Conversations™ takes responsibility for any consequences or outcomes to any persons that are the result of their conversation, application, following or reading of this book or use of this program. Please read the full disclaimer on page 14 before beginning this program.

Introduction:

Congratulations. Today, you have in your possession a revolutionary marriage resource...

It is not an alternative to counseling. It is an alternative to information.

This resource is not like a book, seminar or podcast teaching series.

It does not try to educate you on what you already know.

YOU DON'T NEED ANYMORE INFORMATION from a stranger, unfamiliar with your marriage.

This revolutionary resource delivers an experience.

It is positive experiences that can change you and your marriage in a very short time and at a very deep level.

This resource is the simplest and easiest to use relationship resource available. These appealing qualities take nothing away from the power, complexity and potential that this resource holds. When used as suggested you can find yourself experiencing the same feelings and love for your spouse that you had when you first said your wedding vows. As you experience the highly relational process of engagement you and your spouse will grow together and mature in ways that establish and move you into an ever deepening and enjoyable experience of marriage.

Scientific research has concluded that your interactions with your spouse and your thoughts about them have the power to change who you are and how you relate. When these interactions and thoughts are positive; they can create new, life giving physical pathways within your brain. These pathways will allow you to:

- Positively influence the health and emotions of your spouse
- Grow your capacity to talk with, understand and care for your spouse
- Empathize, sympathize and act compassionately with your spouse
- Respond in crisis situations with greater insight and flexibility
- Calm emotional and physical stress in you and your spouse
- Experience additional physical, emotional and spiritual benefits

FOUR KEY COMPONENTS OF CONNECTION:

Because your brain requires a safe experience to function in a relational and loving way, Complete Conversations™ has incorporated the 4 key components of connection into each conversation. These 4 key components create an ideal environment for cultivating the process of communication. When spouses experience connection they immediately feel it's positive effects physically, emotionally and relationally. The 4 key components of connected communication are:

#1 Maximum Involvement

*"The greatest gift you can give another is the purity of your attention."
- Richard Moss*

The people in your life and the issues you personally face deserve your full attention. Complete Conversations™ has termed this level of attention, maximum involvement. Maximum involvement requires hearing, seeing, touching and sharing of personal space. The process of connecting is a powerful experience of all of these components working together. The functional format of Complete Conversations™ allows you to give and receive the gift of maximum involvement. This cannot occur when reading and answering questions out of a book. Furthermore, significant benefits are lost when interpersonal connection is attempted through many of the social networks and technologies frequently used today.

Maximum involvement is ideal but not always attainable in your relationship or circumstances. The flexibility of Complete Conversations™ compensates for this. If eye contact is difficult, you can still experience the other three parts of hearing, touching and sharing space by advancing through the process of connecting with your eyes closed. If this describes you, make maximum involvement a goal to attain. Remember, a better life begins when you add any or all the parts of maximum involvement to Complete Conversations™.

#2 Soothing Music

The music we recommend for Complete Conversations™ has been designed to reduce stress and enhance cognitive functioning. The human brain is an amazing instrument that can be tuned to perform optimally with the right kind of music.

Complete Conversations™ uses music from a collection of beautifully orchestrated compositions that resonates with listeners, enhancing mental performance.

Use this YouTube [**PLAYLIST**](#) as background music while engaging in Complete Conversations.

#3 Quality Questions

*"Questions provide the key to unlocking our unlimited potential."
- Anthony Robbins*

Asking quality questions may be the single most important skill necessary for making meaningful connections. This skill has been used by communication expert Coach Keith and fine tuned during his work with thousands of individuals and couples. You will find the questions on each daily Complete Conversation™ thoughtful and purposeful, reflecting genuine interest and concern. The flow of questions builds upon one another, keeping you focused and at peace with the topic at hand.

Everyone has read a book or at least heard about healthy communication; the errors to be avoided and the skills to employ. The problem is that once emotions intensify most of that information is forgotten or not accessible during dialogue. With Complete Conversations™ your experience is immediate, without having to read a book, involve a counselor or stress over whether you are 'doing it right'. Through engagement with the quality questions you will find yourself and your spouse experiencing a better marriage; with the traits of love, peace, enjoyment and friendship.

#4 Honest Answering

There is the answer you want to give and the answer you know will be accepted. The first is an honest answer the second is the 'right' answer. Successful marriages are characterized by honest answering. In order to share honestly there must be an atmosphere of relaxation, acceptance, safety and affirmation.

Research has shown that conversations that have harsh startups will produce a negative outcome. Your guide on the daily TALK will keep the quality questions and engagement process moving in a positive direction. Criticism and personal attacks are not present in a successful process of engagement. This allows participants to keep their defenses down, their emotions manageable and the outcome satisfying.

When your spouse shares and validates your experience you feel accepted. In successful marriages, spouses 'feel felt.' As you involve yourself in the engagement process this is easily given and received. The automatic neurological networking that occurs between you, your spouse and the daily TALK makes this possible. In such an environment it is much easier to share honestly.

Knowing that affirmation, not hostility awaits your honest answer your engagement experience will truly satisfy. In the majority of situations both participants in the process are affirmed; not just for what they shared but because they both followed the process and contributed to a better marriage.

OVERVIEW OF THE 30 DAY PROGRAM:

Level One - Complete Conversations™ 1 through 10

Whether you want to initiate, reopen or strengthen lines of communication, level 1 Complete Conversations™ will move you closer to one another and the relationship you desire. While you answer these simple yet engaging questions you will realize that the joy and companionship you need are closer than you thought!

With the first 10 Complete Conversations™ a necessary foundation is being laid for you. This foundation is ten positive experiences of the engagement process. Before this revolutionary resource, the 4 key components of this process (previously described) were rarely experienced together. Subsequently, when Complete Conversations™ introduces them into your marriage a brief period of adjustment will allow you to become comfortable with the new, effective and vital way of experiencing relationship.

The content of the topics being discussed are personal in their focus. You are not addressing marital topics. It is this way intentionally.

At this early stage of the program your focus needs to be on acquiring the skill of fully connecting with your spouse. This does not at all minimize the importance of the topics. As you will experience, the Complete Conversations™ topics are very significant on a personal level and it is tremendously valuable to personally share about these with your spouse.

You will have the opportunity with each daily Complete Conversation™ to develop your maturity. Development occurs as you experience the process of engagement. Development is happening in the background of your communication time much like a computer downloads a file from the internet in the background while a program is running on the screen. Remember, this is not a program meant to transfer information to you about improving your marriage. You will not get information about maturity at any point in this 30 Complete Conversations™ Program, only life changing, maturity building experiences!

Level 2 - Complete Conversations™ 11 through 20

Level 2 Complete Conversations™ provide you and your spouse with the opportunity to talk through important and sometimes challenging marriage subjects. In a safe environment, and in a fun manner, you and your spouse can successfully engage with each other on a variety of marital topics.

During Complete Conversations™ 11 - 20 you will build on the previously laid foundation of positive experiences of communication. As a result of experiencing the engagement process you now have a greater capacity to enter into discussions on topics that are closer to your heart, topics that you have failed at having in the past and topics that you did not even know you needed to have in order to have a successful marriage. With these conversations the intention and focus of the questions change. You will be engaging with your spouse about your marriage on several levels.

As with the first portion of this 30 Complete Conversations™ Program, you will continue to develop your maturity with each experience of engagement.

Level 2 - Complete Conversations™ 21 through 30

The final portion of this 30 TALK Program is similar to what you experienced in daily TALKS 11-20 yet significantly different in one important way. Upon conclusion of each daily conversation a simple and brief assignment is given to you. It is conversational in nature further emphasizing and highlighting the topic you just processed together. These assignments provide an opportunity to step out on your own, away from the carefully scripted and structured format of Complete Conversations™. You can test your ability to engage in a personal way, unique to your own heart. As you reach this point in the program, celebrate as a couple how different you have become in approaching and relating to each other.

GETTING STARTED

1. Set an agreeable time to experience Complete Conversations™. This resource is used together with another person and involves communicating out loud. This is not a 'write your answer down and share it later' exercise.
2. When the time arrives find a quiet, comfortable place where you will not be interrupted for the duration of your time communicating.
Use this **PLAYLIST** on a computer or phone.
**The playlist link is also located next to the title of each conversation for convenience.
3. Sit as close as possible facing each other. You may sit at a table or hold your spouse on a couch or bed.
4. Decide which one of you will answer the questions first and which one will simply listen intently to the answers.
5. Find the next Complete Conversation™ in the program.
6. **Make eye contact as often as possible throughout your conversation. We understand that eye contact can be difficult to maintain the entire conversation. Try to keep eye contact while you are listening to the question being read and the answer being given. Sometimes looking away is part of thinking about the answer you want to give and this is appropriate. Aim for eye contact 60-70% of the time.**
7. Hold hands if you can do so comfortably.
8. The responding spouse will, out loud, answer the questions asked by their spouse.
9. When you have completed the conversation once, reverse roles. The person who listened will now take their turn answering the questions.

Experience as much or as little engagement as you desire. You may complete one or multiple conversations in the time you have decided to give to it. Perhaps only one of you wants to share. If your spouse is willing to support you through listening that is fine. Let the 30 Day Program serve you.

MAXIMIZING YOUR COMMUNICATION TIMES:

1. It is very important to go through this communication process at a time in your relationship that is free of high levels of stress and conflict. (e.g. not when you are extremely tired or have an unresolved interpersonal conflict that would hinder your openness and honesty.)
2. Give the first answer that comes to your mind. You want to give an honest answer. If you are afraid of a reaction to your answer, let your spouse know that and continue with a truthful answer. You can always give an answer and then ask if you can rephrase parts of it to be better understood.
3. Allow your facial expressions to mirror your emotions as you work through the Complete Conversations™.

FURTHER SUPPORT

Each couple going through the communication process will have their own unique needs. Use the previous steps as a guideline but adjust any step to best suit your needs. Here are some ideas to consider which might help you adjust your Complete Conversations™ experience to serve you best.

1. You may find it difficult to answer some or many of the questions. This can be the case when you think about topics and ideas that you have never intentionally considered before. Take that particular conversation, and on your own, read through it giving yourself all the time you need to think through the questions and prepare your responses. Your spouse will appreciate the effort on your part to make the communication process such a meaningful one for you both.
2. Another option is to spend a longer time on the Level 1 conversations (1-10). Work through them several times if you need to. Remember, this process of connecting as it is being presented here is probably very new to you and it can take some time to get comfortable with it.
3. If you have tried the suggestions mentioned above and you find that you cannot experience positive communication or the process is uncomfortable and you struggle with intense emotion it is important for you to [consider scheduling a FREE 30 Minute Virtual Coffee Chat with Coach Keith.](#)

GOING DEEPER:

Each experience of Complete Conversations™ is powerful in and of its self. When you and your spouse follow the 30 day program you will be developing maturity, creating new pathways in your brain, strengthening the relational parts of your brain, empathizing, sympathizing and acting compassionately towards one another.

This Going Deeper section provides you with an additional mini-program. It is not necessary to do this mini-program in order to receive the full benefit of Complete Conversations™. The assignments presented to you below, if you choose to do them, will enhance the core program. These assignments will give you additional opportunities to communicate with your spouse in ways that are unique to you individually and as a couple. Although not required, completion of this mini-program is highly recommended.

Complete each exercise once within the Conversation numbers indicated.

TALKS 1-3

Begin writing a journal which you will add to weekly and share with your spouse in the final week of the program.

Begin this journal by including a brief description of:

- The longest meaningful conversation you can remember ever having.
- A very positive experience you have had communicating with someone & the impact on you and that relationship.
- A hurtful conversation you had with someone & the impact.
- Your perspective of how you presently communicate in your marriage.
- The 3 most talked about subjects in your marriage to date.
- What you hope will happen in your marriage as a result of your commitment to the Complete Conversations™ Program

TALKS 4 - 7

Casually share with a married friend, coworker or family member that you are participating in a 30 Day Complete Conversations™ Program to improve communication and enhance your marriage. Tell them it involves around 20 minutes a day of talking with your spouse in a way that is gradually and casually enhancing your marriage. Note their reaction and comments they make about their own experience of communication.

TALKS 8 - 11

Verbally thank your spouse for their commitment to your marriage and their participation in the 30 Complete Conversations™ Program. Prepare in advance so that your words, timing and physical expression are best suited for your spouse and well received by them. Make note (journal) of their response, how often have you seen this type of response from them, what difference would it make for you and them if this response was more common in your relationship?

TALKS 12 - 14

In your journal record your current thoughts and feelings, any positive changes you have experienced and what you have enjoyed about your time communicating with your spouse.

TALKS 15 - 17

Write a note thanking your spouse for their continued commitment. Share in the note one way you have benefited from the program. Present them with your note

With your spouse, compile a list of additional topics, situations and relationships that you would like Complete Conversations™ to develop conversations around. Email your ideas to info@keith.coach and you will receive a gift of appreciation from us if your contribution is used.

TALKS 18 - 21

In your journal record your thoughts and feelings about your communication times and the benefits you are experiencing. Comment on any new insights you have had into your spouse and how that has rekindled your love for them.

TALKS 24 - 27

Plan a date to take place in the next few days. On that date, share your journal entries from the previous three weeks. After sharing your entries, engage with your spouse and express to them from your heart where you are now, at the conclusion of the 30 Day Complete Conversations™ program.

TALKS 28 - 30

Go back to the person that you told you were participating in the program (step 2 TALKS 4-7). Tell them about your date and how much you and your spouse have enjoyed the program. Challenge them to it in their marriage! Share with them that this is a resource that creates connection and love and not a resource that passes on information in a static 'How to' manner.

START AGAIN

Begin the 30 Day Complete Conversations™ Program again. You will find your answers completely different because you are at a different place in life than you were one month ago. You will have little to no apprehension because you have experienced the powerful process of engagement. Your heart has grown in its capacity to understand and respond compassionately as well as receive the same type of love and support. Enjoy!

DISCLAIMERS

The questions, notes and action steps presented in this book should not be considered a substitute for consultation with a licensed professional health professional or mental health professional to address individual or couple medical or relationship needs. The Complete Conversations™ - 30 Day Program publisher and the author, Keith Dorscht, disclaim any liability, loss, or damage that may result in the implementation of the contents of this book.

Portions of this book address health and wellness issues. 30 Complete Conversations™ Program and the author, Keith Dorscht, take no responsibility for any possible consequences from any treatment, actions, or application of medicine, supplement, herb, or preparation taken by any person reading or taking personal action as a result of reading this book. If readers are taking prescription medications they should consult with their physicians and not take themselves off of medicines. If they are on a prescribed exercise or fitness program they should consult with their physicians and not take themselves off or adjust the program.

LEVEL 1 - TALKS 1 through 10

TALK ONE – MY FAVORITES (Music)

1. If you turned on the radio right now, what song or style of music would you like to hear?
2. What is your favorite ethnic food?
3. When you have a free evening what do you enjoy filling it with?
4. What is your all time favorite movie?
5. Where did you go for your favorite vacation?
6. What is a favorite sport to play?
7. What is a favorite book of yours?
8. What is your favorite beverage on a hot day?
9. What is a favorite store for you to shop in?
10. What is your favorite season of the year?
11. What is a favorite thing you like to do with me?
12. What is a favorite gift you have received?
13. What was a fun age to be and why was it fun?
14. What is a favorite way to spend a Sunday afternoon?

ADDITIONAL QUESTIONS:

How often do you experience these favorite things in life?

What would you find different in your life if you experienced your favorites more often?

What level of difficulty did you experience identifying your favorites?

What could the source of that difficulty be?

Is there someone that you find it easier to express your preferences to? Why?

Is there anyone that you find it more difficult to express your preferences to? Why?

NOTES:

This TALK can provide you with a wonderful opportunity to know yourself better. Avoid the mistake of downplaying your personal favorites and preferences. You may have learned at a young age to make this an unimportant part of who you are. Often we think of what we would like in terms of how much of a problem it presents and make our choices out of the fear of putting another person 'out' or causing a conflict or hurting another person. In the process a bit more of who you are dies. If that is a pattern in your life, what will remain of you, how much of yourself will you have to give others that want to relate with you?

If you have a weak identity or experienced controlling relationships or environments you may have significant difficulty answering these questions honestly while maintaining inner peace. Take the time to discover what your unique favorites and preferences are. Agree as a couple that is important to allow each other to express appropriately your favorites and preferences. The next step would be to experience these with each other in enjoyable ways!

ACTION:

Which of your favorite things would you like to experience soon?

What arrangements need to be made to facilitate this?

TALK TWO – PEOPLE IN MY LIFE (Music)

1. Who was one of your friends in grade school?
2. What do you remember about them?
3. Who did you hang around with in High School?
4. What kind of things did you enjoy doing with them?
5. Who was one of your teachers that left an impression on you?
6. What impression did they leave on you?
7. Who was a person that you worked for?
8. What do you remember about him or her?
9. Who was one person in your family that made you feel loved and special?
10. How or when did they make you feel that way?
11. Who is one person you have in your life that you look at and say, 'I want to be like them?'
12. In what ways do you admire them?
13. Name a famous person that you've met.

ADDITIONAL QUESTIONS:

What friend from your childhood would you be interested in having as a friend today? What do you think they may be like now as an adult?

Who is one of your better friends today? What is it about them that makes you value their friendship?

How do you see yourself? What kind of friend are you to others?

Describe a friendship you have had that brought with some difficulty. What was the impact on you? On them?

NOTES:

Questions 9 and 10 are very important. They help you as a couple identify those people from your formative years that were a source of joy for you. The experience of joy is what gives us strength to handle stress and pressure well. Now that you know each others 'joy person' you can initiate further communication about those relationships. Recalling them in detail will provide further experiences of joy. Whether the person is with you physically or simply as a thought or memory, your brain is being bathed in joy.

ACTION:

We all need positive examples to follow. No one person is a perfect example in every area. We need multiple examples, at least one for each role or task we have to perform. For example, 'Identify a wife or husband that you want to be more like?' 'Who handles their finances in a way that you would like to follow suit in?'

Spend time individually and as couple with the people you want to be more like. Ask them questions about why they are the way they are and why they do things the way they do. You will probably experience mutual encouragement as you discover that they would like to be like you in one or more ways!

TALK THREE – THE PLACES I’VE BEEN (Music)

1. Name a room or area in your house that you enjoyed when you were growing up?
2. When you picture that place in your mind, what’s happening there?
3. Think of your friends, which friend’s house do you enjoy going to most?
4. What room or place in our house is relaxing for you and why?
5. Describe one of the best places you ever traveled to?
6. What is something about that place that made it so great?
7. What is one place you enjoy going to that’s within 20 miles of where we are now?
8. Where is the safest place for you to be?
9. What restaurant would you enjoy going to and relaxing at with me?
10. Tell me about a place that you’ve not been to, but always wanted to visit.

ADDITIONAL QUESTIONS:

What place have you been that you think everyone could benefit from visiting? How could they benefit?

When you are away from home, what do you miss? Why?

What traveling experience had an impact on you in a positive way? What was the impact?

Describe the ideal trip you would like to take me on.

NOTES:

In times of relational conflict or upset it is often a good idea to remove yourself from your current location. The simple act of making a choice to go somewhere else can relieve some of the tension. **Ideally** you this need for some separation before it gets serious and you find that you stay in your home or on your property. Keep your whereabouts known to your spouse. This conversation helps identify those places you could go to at those times. In situations where you are upset about something outside your marriage you can contemplate in your mind experiencing one of these pleasant places. You don't have to physically be there. Your brain can be positively affected by what you think as well as what you do.

ACTION:

Together, plan a trip to the place you enjoy that is within 20 miles of where you currently are (Question 7). Once there, take several pictures that you will make a home screen/saver or print and keep in your wallet, bookshelf, bedside or office. The regular reminder will serve as a constant experience of joy for you and your relationship.

TALK FOUR – THE HIGHS (Music)

1. What is one achievement from the first half of your life?
2. How was that achievement acknowledged by other people?
3. What do you think of and feel when you think back to that experience?
4. What achievement from the second half of your life brings you a sense of satisfaction?
5. What is one obstacle you had to overcome to achieve what you did?
6. How are you a better person because of that achievement?
7. Who is someone that you see as a person who has accomplished a lot in their life?
8. In what ways would you like to be more like them?
9. What is something you look forward to accomplishing?

ADDITIONAL QUESTIONS:

What obstacles, seemingly out of your control are keeping you from accomplishing what you want in question nine?

What obstacles are clearly within your control and what can you see yourself doing about them?

How can I, as your life partner, help you accomplish what you identified in the last question?

NOTES:

Many of the 'High' points in your life are the result of significant effort on your part. This effort should be humbly yet adequately acknowledged and celebrated. You can do this as a couple now even if the accomplishment was years earlier. By discussing the obstacles you have faced and overcome you can reflect on them in future times and draw real strength to turn your present obstacle into an opportunity.

ACTION:

As a couple or individually, identify other people in your life who have, or are, overcoming an obstacle. Decide the best way (in person, telephone, hand written letter, text) to acknowledge what they are doing and offer encouragement by sharing what you see awaiting them on the other side of their challenge.

TALK FIVE – THE LOWS (Music)

1. What do you see in the world today that saddens you?
2. What is something that you don't want to experience?
3. Sadness has been defined as losing part of your life. Tell me when you have lost part of your life?
4. What don't people realize or know about that loss?
5. Who was there to help you through that time and what did they provide for you?
6. What is one area of your life that is at a low point right now?
7. How do you typically handle being at a low point?
8. How would you like to get through it differently?
9. How can I help you?
10. What can you hope for or see coming on the other side of this low time?

ADDITIONAL QUESTIONS:

Who do think has experienced more than their share of loss in life?

What affect has it had on their life and relationships?

If you had a chance to say something to that person, what would like to say to them?

What are some ways you react to or respond to the experience of loss?

NOTES:

The powerful influence of joy on a persons brain has been mentioned. This conversation introduces the emotion of sadness. **You may not realize it but sadness is an emotion that can have a positive influence on your brain, your life and your relationships.** When you lose part of your life, you have the opportunity to feel sad or grieved. This is good, this is how these events get processed in a healthy way. It never makes the events 'good' but when your emotional response to an event that includes loss is sadness it guards you from two potentially damaging and destructive emotions: anger and depression.

ACTION:

Put yourself in the shoes of your spouse. Think of situations, experiences or interpersonal exchanges that constituted a loss for them. Ask if you can talk about these with them. Introduce to them what you came up with as you thought about them then be a good listener. Ask them leading questions that will help them arrive at a place of emotional sadness.

TALK SIX – DREAMS (Music)

1. When you were a child what did you dream of doing when you were older?
2. When did that dream change for you and why did it change?
3. What other dreams did you have growing up?
4. Describe the closest you ever got to one of those dreams?
5. How satisfied are you with your life right now?
6. In what area of life would you like to increase your level of satisfaction?
7. Is there a step that you could take to make that increase a reality?
8. In what area of your life would you like to set a long range goal?
9. What would that goal be?
10. How would reaching that goal improve your life?
11. How can I help you reach that goal?

ADDITIONAL QUESTIONS:

Do you feel more discouraged or hopeful about your future being better than your past?

What are your reasons for that answer?

Do you ever dream of something you and I could do together that would improve our experience of life? If so, will you tell me what it is?

NOTES:

Too many couples have an experience of life that is merely surviving. You were meant to thrive! When trauma and difficulties hit and you don't have supportive family and community around you lose hope for a better future and look to surviving today. Take heart with this thought; by working through this 30 Complete Conversations™ Program you are creating a stronger relationship with your spouse that will provide you with better support the next time a trial hits. You should be able to withstand it and keep your focus on the dreams you have for your future.

ACTION:

Discuss with each other why setting and tracking goals does or does not work for you individually and as a couple. Decide if regular engagement such as you just experienced on this topic of goals and dreams will provide you a better chance of being successful.

TALK SEVEN – WEALTH & WORK (Music)

1. What was one job you had as a young person?
2. How did you get that job and how long did it last?
3. What was the best job you ever had and why was it the best job?
4. What was the worst job you ever had and why?
5. How satisfied are you in your current vocation and why?
6. Wealth is much more than money. In what areas of life do you consider us to be rich?
7. If you had \$1,000 to give away who would you give it to and why?
8. If you had \$1,000 to spend on yourself, how would you spend it?
9. What do you believe is an important financial principle and why?

ADDITIONAL QUESTIONS:

How has your work ethic been shaped by the example of your parents?

How have you corrected what might be considered a poor example in that area?

How has your handling of finances been shaped by the example of your parents?

How have you corrected what might be considered a poor example in that area?

NOTES:

Our society and media have defined wealth in strictly material terms, and work, as that effort that produces material gain. It takes conscious effort in your thought life to think differently. This Complete Conversation™ subtly introduces the idea that the measure of your wealth is in the quality of your relationships. As you accept that definition you will soon discover that work is what is involved in making your marriage great. This work well worth it. Keep moving through this 30 Day Program and reap relational wealth from your hard work.

ACTION:

Chances are that giving \$1000 right now to a cause you are interested in would upset your financial situation;

\$10 on the other hand probably is quite doable. Don't listen to the thought that says \$10 won't make a difference. Choose a cause you both agree is doing important work and donate online now. Put some of your hard earned money to good work!

TALK EIGHT – HEALTH (Music)

1. What is one natural ability you are thankful for and why?
2. What do you remember about being sick as a child?
3. Describe the most severe injury you have ever experienced?
4. What is your greatest physical or athletic accomplishment?
5. Describe one healthy habit you have had or still have.
6. What is a favorite comfort food of yours?
7. What healthy food would you like to have readily available in our home?
8. What is your favorite type of physical exercise?
9. What are the obstacles that keep you from exercising as much as you need to?
10. What age would you like to live to?
11. What changes do you think you need to make to reach that goal?
12. How can I help you with those changes?

ADDITIONAL QUESTIONS:

To what degree are you encouraged or discouraged about your current level of health?

Do you ever feel you do not have what it takes to get the level of health and fitness you desire?

If your life was shortened by 10 years because of poor health, what would you miss out on?

What if it was shortened by 25 years; what 3 things would you never get to experience?

How would you use the final two decades of your life if you were granted the chance to live to 100?

NOTES:

Your brain is strongly influenced by experiences of joy. So much so, that when you experience joy, your brain is able to boost your body's immune system and strengthen your ability to delay gratification. Those two areas, if strengthened by joy, can reduce illnesses and keep you from that second and third brownie you really don't need. Think about it...then get yourself some more joy on the next Conversation!

ACTION:

Try communicating with your spouse on a walk. Copy any one of the daily question pages from this e-book, take it with you and reference it as share some exercise, engagement, and joy together.

TALK NINE – LEISURE AND RECREATION (Music)

1. What kind of recreation did your family enjoy growing up?
2. How did you spend your free time as a child?
3. How did those activities change as you grew older?
4. What is one activity you wish you could have done or done more often growing up?
5. If you had 2 free hours now, what leisure activity or hobby would you like to fill them with?
6. How would scheduling leisure time make a difference in your life?
7. How much leisure time would you like to have?
8. What types of recreational activities do you enjoy doing with me?
9. How often would you like us to be involved in those activities?

ADDITIONAL QUESTIONS:

What is hindering you from getting the leisure and recreation you need to stay balanced?

In your opinion do either of us spend too much time on leisure and recreation?

NOTES:

Television programs and movies engage your brain enough that you lose your awareness of the stress you are facing. They occupy you enough that you never enter into rest. So, when the program or movie ends you are immediately faced with the same stress you had a short time earlier. What did you gain? True leisure and recreation opportunities provide remedy for stress not just temporary relief. Choose your activities wisely.

ACTION:

Identify the top two things that you do when you are not sleeping, eating, and working. Evaluate together if these are amusing (non-thinking) activities or actual stress relievers that rejuvenate and recharge you.

TALK TEN – YOU AND ME (Music)

1. Share with some detail, a pleasant memory you have of us from before we were married?
2. Who was one person you told about meeting me?
3. What did you share with them about us?
4. Share one fond memory you have of our wedding?
5. If we could do our wedding again what is the one thing you would keep the same?
6. What is one thing you would change?
7. What is something you looked forward to by marrying me?
8. Share something that surprised you about married life?
9. What is one thing you are currently thankful for in our marriage?

ADDITIONAL QUESTIONS:

Say we were going to renew our wedding vows on our next anniversary, how would you plan it all out?

Where would we renew our vows?

Who would you want to be present?

What would you say to me during the ceremony that you know I would long to hear?

NOTES:

This Conversation serves as a transition into Part 2 of this 30 Day Complete Conversations™ Program. It touches on the start of your life together. How are you feeling at this point? If you are at all apprehensive about discussing relational topics consider how you will address your need for peace. You may find Level 2 communication as enjoyable as you found Level 1. You may think it best to do Level 1 again just to get more comfortable with this process of connecting communication. You may want to talk to Coach Keith at Keith.Coach or avail yourself to other resources he has. You may think it best to talk with a licensed therapist or professional. If this is you in anyway, do not force moving into Level 2 at this point. Take care of yourself and your spouse as you see best.

ACTION:

Go ahead. Do it. Pull out those old wedding photos and wedding videos and visually remind yourself of what your wedding was all about. Keep it fun and light hearted.

LEVEL 2 - TALKS 11 through 20

TALK 11 - EXAMPLES OF MARRIAGE (Music)

1. Name a favorite couple of yours from a movie or a television show, and share what you enjoy about them?
2. Think back to when you first began to notice marriage relationships, which ones were more memorable, the successful ones or struggling ones?
3. Think of a successful marriage you knew of growing up. What do you believe made it successful?
4. What are some unhealthy experiences of marriage you were exposed to growing up?
5. How are you currently being influenced by those two opposing forms of marriage?
6. Who gave you helpful advice before we married and what was it?
7. In our current circle of family and friends, whose marriage do you admire and what do you admire in their relationship?
8. What marriage, real or fictional do you never want our marriage to resemble?
9. In what way is our marriage a good example for others to follow?

ADDITIONAL QUESTIONS:

How could we go about increasing opportunities for us to be around marriages that are a positive example?

What piece of advice would you give to a couple about to get married?

If you wanted feedback into your role as husband/wife who would you seek it from and why?

NOTES:

Have you ever gotten stuck trying to figure out the cause of prolonged times of disconnection and/or hostility in your marriage? Maybe, the problem is, you are looking in the wrong place. Stop looking for the cause and find a solution. Probably, more than you recognize, the solution can be found in having another couple you can look to and say, 'I want to be like them.' Ask yourself what would they do if they faced the same situation you are in and apply the answer you come up with to your marriage.

ACTION:

Remember from Level 1, Conversation 7 that marriage is work. This may take some work or may take you out of your comfort zone but, identify a couple that you and your spouse both respect and invite them for a meal. Over the course of that meal encourage them by telling them the reason you initiated getting together was because you admire their marriage and wanted to learn from them. See how they pick up and direct the conversation from that point. If they have a good marriage they already possess skills and humility to identify and serve you in your quest for a better marriage.

TALK 12 - UNDERSTANDING OUR MARRIAGE (Music)

1. Why is being married better than being single or living together?
2. Why did you want to get married?
3. Why did you want to marry me?
4. What has our marriage allowed you to discover about yourself, the good or the bad?
5. In what area has our marriage provided you with an opportunity to experience personal growth?
6. What is a positive quality that our marriage has that other marriages around us don't?
7. What do you feel is one of the more positive contributions you've made to our marriage?
8. What do you feel is one of the more positive contributions I've brought to the table in our marriage?
9. What five words come to mind when you think of our next five years together?

ADDITIONAL QUESTIONS:

Describe the moment you knew you wanted to get to know me better.

Describe the moment you realized you wanted to marry me.

If a young person considering marriage approached you, and asked you how they can know if they are ready for marriage, what would you tell them?

NOTES:

Of those couples who find themselves getting help for their marriage from Coach Keith, 70%-ish of those couples have at least one spouse who has believed at some point in their marriage that they married the wrong person. Remember that most of these couples are in a crisis so do not automatically assume that your spouse has had this thought. The spouse may think they know who the 'right' person is or they may not be thinking of a specific person, they just believe that there has to be a better person out there than who they married. This heart attitude towards their spouse is a barrier to relationship. Whether this thought is current or in the past, it must be acknowledged and replaced before any improvement can be realized.

ACTION:

If what has been detailed in the notes above describes you, determine to do something about it. BE CAREFUL! That means, be full of care for how your spouse will receive the news. It must be at a time in your relationship that is free of stress and conflict. You must be emotionally connected. Ideally you could do this in response to your spouse asking you because they want to know, release you from any guilt you may feel and desire to move on strengthened and united.

**This is one action step that you are encouraged to talk with Coach Keith before you act. [Book a FREE Zoom](#) This is a 'Pure-Value No-Pitch' opportunity for you.

TALK 13 - CARING FOR OUR MARRIAGE & PROTECTING IT (Music)

1. On a scale of few to most, how many of your needs do you feel I care about?
2. In what area of your life do you feel I most actively care about you?
3. What is something we have in place to keep our marriage strong?
4. What is something you think we could add to further nurture our marriage?
5. What relationship or activity do you see that I am involved in that is or could be a threat to our relationship?
6. What is it about my involvement that troubles you?
7. What change could I make in that area?
8. With a change like that, how would that improve our marriage?
9. How much time in a day or in a week would you like to spend talking like this so that we can take care of each other?

ADDITIONAL QUESTIONS:

Many marriages are ending in divorce. What do you think is working against lifelong love and marriage?

Do you have any concerns about me participating in social media sites? If so, what are your concerns?

Can you think of any additional protective hedges we need to put in place for our marriage to stay strong and free from the temptations and distractions that can come from something or someone outside?

NOTES:

Many affairs and inappropriate relationships that I hear about started off innocent, with no intention of developing into a wrong relationship. We have seen many marriages sabotaged. We have seen many marriages restored. If you need help resolving a betrayal and restoring your marriage please contact Coach Keith: [Keith's Website](#). We are glad you have accessed this resource and hope it strengthens you and your marriage relationally, physically, spiritually and emotionally.

ACTION:

End all inappropriate relationships immediately. If you need help with how to do this please ask us for help. Do not ignore your spouse if they said they feel threatened by a person or activity you are involved with. Respond to their concern with loving action today!

TALK 14 - BREATHING LIFE INTO OUR MARRIAGE (Music)

1. What for you has been a memorable date or time we shared together?
2. Are our times together now more often or less often like that time?
3. What do you think would do more for our marriage now; separate vacations to a vacation together, and why do you think that?
4. Where do you think our relationship has become stale or stagnant?
5. What effect does that stagnant area of 'us' have on you?
6. What ideas do you have about how we can change that area?
7. How and when have you felt the life flow back into our marriage?
8. What investment would you be willing to make to improve our marriage? For example, read a book with mean marriage, attend a seminar, listen to a podcast, participate in a few marriage tune-up sessions with Coach Keith...
9. Complete this sentence: Our marriage at its best looks like...

ADDITIONAL QUESTIONS:

How much life do you desire to flow into our marriage at this point?

How much life needs to flow into our marriage at this point?

If you experienced life coming back into our marriage (question 7) could you see it happening again if I/we did the same thing, or would it have to be something different?

If we diligently engage like we are with these Conversations how long will it take for us to have a satisfying marriage?

What have you heard from others on what they did to breathe life into their marriage? Anything we could do?

NOTES:

Many of the couples turning to Coach Keith for help with their marriage are in a real crisis. One question they are asked is, "Do you have regular dates?" The answer in next to every case is 'No.'" That doesn't mean that if they were having regular date times they would not be in the crisis they are in. It does mean that regular dates are important. If you would like some ideas on how to make dates work for you please contact Coach Keith at: info@keith.coach.

ACTION:

Take a deep breath in and do something to INJECT life into your marriage.

TALK 15 - VALUING YOU (Music)

1. As a child, what was one thing that you really enjoyed and valued as part of your life?
2. Can you recall a time when you moved from valuing things or experiences to valuing people and the relationships you were a part of?
3. When have you felt that I really valued you as a person and not simply for something that you could do for me?
4. Tell me about a time or an area of our lives which I have devalued you by being critical with my words.
5. Tell me three words that describe what you felt inside at that time.
6. How did those feelings effect your interaction with me and the atmosphere of our relationship?
7. Will you accept my verbal apology now for hurting you with my words?
Take a moment and apologize for what you did and how they felt. Ask for forgiveness.
8. What is one thing about you that you would like me to more intentionally value and appreciate you for?
9. What are a few ways/words that I could effectively communicate to you the value you are to me?

ADDITIONAL QUESTIONS:

Imagine everyone was safe but our home was being destroyed by a fire. If you could rescue only a few items of value what would you rescue?

When I talk about/to members of the opposite sex, do you ever think I am communicating that I value them more than I do you?

If so, how does that make you feel? Share at least 3 feelings, not thoughts.

What change would you like to see from me?

NOTES:

Complete Conversations™ talks a great deal about maturity in our videos, resources, seminars and sessions. We have found that many people confuse their level of attained maturity with their value.

Your maturity is the level of capacity or ability you have in comparison to the life stage you are in. **It is possible that your maturity is low yet your value is high.** How can that be? Simply because your value is not based on how useful or productive you are, it is based solely on the price someone is willing to pay for you. If you have any questions on this or are struggling to believe this, let's talk: info@Keith.Coach

ACTION:

Take turns holding each other for 5 minutes. This is a non-sexual exercise! Say out loud, "I want to hold you in a way that allows you to feel valued by me." No other words need to be said. Allow the loving contact communicate the powerful message of value your spouse needs to hear. Then reverse roles so you both have the opportunity to receive the message of being valued.

TALK 16 - EXPECTATIONS (Music)

1. What is one thing in our marriage that is better than you expected it to be?
2. Describe one way marriage to me is different than what you expected it to be like?
3. On a scale of a few to a lot, how many expectations do you think I place on you?
4. What is one expectation you know I have of you, that, when it is not met causes my actions, attitude, and/or behaviors towards you to shift?
5. How does that expectation and my poor response to it going unmet affect you?
6. Can I apologize for that right now?
7. How would you respond or want to respond if I let go of that specific expectation?
8. If I stopped expecting so much from you and gave you room in our marriage to give freely from your heart what would I see from you?
9. What are two things that you feel are appropriate for me as your spouse to expect from you in our marriage?

ADDITIONAL QUESTIONS:

Are you holding any bitterness or resentment towards me for the expectations I have placed on you?

In your mind, are resentment and high expectations equally wrong?

If these are both present in our relationship, what would it look like for each of us to take care of our own issue?

NOTES:

Placing expectations on your spouse is no gift! So why do you do it? Try this instead. State your need in a way that keeps them responsive to it. When your need is presented as an expectation or with a sense of criticism and shame for your spouse not meeting it, defenses immediately rise and your spouse becomes unable to meet your need that they quite likely would want to meet if they had been approached correctly.

ACTION:

Each of you identify your greatest personal desire at this present moment that you believe your spouse can meet. Before you speak, think of a way you can say it in a way that they receive it and remain sympathetic and responsive to you. Suggestion: a proper voice tone and some loving touch will have a greater effect on your spouse than the content of the words you share. Have fun with this one.

TALK 17 - COMMITMENT (Music)

1. What can you remember about the wedding vows we made to each other?
2. How does your level of commitment compare with where it was on our wedding day?
3. When do you see and feel my commitment to you and to the success of our marriage?
4. Have you ever experienced a lack of commitment from me, either in a big or small way? If so, when?
5. Is there any reason that you can think of that would cause you to think of separation or divorce as an option?
6. Is it possible for my commitment to strengthen in some way to keep that from ever happening and if so, how?
7. What would a strong commitment to each other and to our marriage provide for you?
8. NOT A QUESTION: As the Listener take the opportunity now to verbally confirm your commitment to your spouse; to care for them, their desires, and your marriage.

ADDITIONAL QUESTIONS:

Over the course of your life what have you strongly committed yourself to? Why?

Have you ever purposed to take the words 'divorce' and 'separation' out of your vocabulary?

If not, could you do it now. or do you need something in order to take that step?

Is commitment something you give or something you have to earn from the other person?

NOTES:

Another observation from Coach Keith's sessions with couples in crisis: there is always something(s) that one or both spouses are more committed to than the health of their marriage relationship. Until those commitments are adjusted, no progress can be made on getting out of the crisis or struggle.

ACTION:

Together go to a jewelers and get your wedding rings cleaned up. Since they are symbolic of a never ending life together you want them bright and shiny so they always catch your eye and remind you of this.

TALK 18 - THE PASSION BETWEEN US (Music)

1. Recount for me a time you remember having strong positive feelings towards me.
2. When you tell me today that you love me, what does that mean?
3. In addition to my saying 'I love you' what other words would you like to hear from me?
4. What have I said or what have I done recently that stirred passion in you?
5. When we are apart and I am missed by you, what thoughts do you think about me?
6. If you were going to cook up an evening of passion with me what ingredients would you use?
7. Describe a time you felt less passionate toward me and what the cause of that was.
8. How do you typically respond when that type of situation occurs?
9. What is one thing that you think we need to do to ensure we stay passionate in our marriage?

ADDITIONAL QUESTIONS:

How is passion different from sexual desire?

Where do you see passion in other people or groups?

NOTES:

Individuals who lack maturity tend to sexualize their emotions. When emotions surface their lack of ability to identify them, experience them, and express them appropriately leads them to act out in a sexual way. They want to take a moment meant for emotional bonding and turn it into a sexually charged, arousing experience.

Although this can feel good in the moment it can never replace the need to feel and process through the full intensity of any emotions experienced. If your maturity remains stuck you will struggle to become a compassionate person and will be at risk of becoming sexual driven.

ACTION:

Go back to question 6. If you have all or most of the 'ingredients' and your relationship with your spouse is emotionally intimate....start cooking!

TALK 19 - WORKING THROUGH A PROBLEM (Music)

1. Let's be honest with each other. As much as we do or want to experience good things in our marriage, it isn't always what we want it to be. On a typical day in the life of our marriage do you feel the positives outweigh the negatives or do you feel the negatives outweigh the positives?
2. Tell me one aspect of our marriage that you experience moderate difficulty on a regular basis?
3. If you have brought this to my attention previously what was my response to it, and if you haven't brought it up, what are your honest reasons for not bringing it up sooner?
4. May I apologize for my part in not allowing this issue to be adequately addressed and resolved? *Apologize after getting consent.
5. Would you take some time now to share with me three words that describe how this struggle has made you feel?
6. When you think of resolving this or pressing through this problem, what picture comes to mind?
7. What do you need from me to help get to there?
8. What are you hoping to do on your side of the ledger to put this problem behind us?

ADDITIONAL QUESTIONS:

Do you experience any physical reactions to the times that we are having a relational problem? (example: loss of sleep, muscle tightness, heart palpitations, appetite fluctuations etc.)

Are our problems the same thing coming up repeatedly, something new each time or a mix?

What do you think we are lacking individually and as a couple that causes us to experience these problems perpetually?

What does it mean when you say, 'I'm sorry'?

What does it mean when you ask, 'Will you forgive me?'

To what degree have we incorporated these phrases into our problem solving process; too little, the right amount or not enough? Why is this?

NOTES:

When you repeatedly find yourself facing the same issues it most likely is the result of unresolved past hurts and trauma. By 'past' we mean patterns of response that you developed by around age 10. This means the real problem is not your spouse, they are a trigger that taps into your past hurt and ignites a response that is non-relational and more self-protective. Again, if you need help changing this contact Coach Keith: Info@Keith.Coach.

ACTION:

Make a written note of every problem or conflict that you face. Try to categorize them as to the type of problem they are. Over time you will discover a theme. That theme will have a root issue lodged deep in each of you that is contributing to the problem. Choose the best course of action to resolve the root issues.

TALK 20 - THANKFULNESS (Music)

1. At this moment, what is one thing you are very thankful for?
2. Describe something you experienced or learned in your family growing up that you are thankful for today?
3. What is something in your life that was painful but that you have now been able to appreciate?
4. Someone, somewhere in the past did something for you and you missed the opportunity to properly thank them. If you had the chance right now, who would that person be and what would you thank them for?
5. What is something about me that you are thankful for today?
6. Do you find it's easy or difficult to express gratefulness and thankfulness?
7. On a scale of a little to a lot, generally how appreciated do you feel by me?
8. What is one area you feel you have been under appreciated by me for your effort or your work or your attitude?
9. Can I take a moment now to thank you properly for what you mean to me?
*Do so now.

ADDITIONAL QUESTIONS:

How much of a complainer do you see yourself to be?

How do you see the complaining you do impact me? Us?

What do you think has to happen for a person to stop complaining?

NOTES:

When you feel like complaining or are complaining you have reached a level of stress that is weakening your ability to remain relational. One outcome of this is that you fail to consider the impact your complaining will have on your spouse. Your spouse will likely personalize your complaining and take it to mean they have done something wrong or are inadequate as a person in your mind. This is not what you want.

Your complaining is sign that you have been emotionally triggered and the emotion you are experiencing is one you do not know how to free yourself from. You need the help of your spouse, don't unintentionally push them away. It is difficult but necessary that you see your complaining as a poorly expressed need for help. Otherwise, you will see your spouse withdraw, throw up their defenses or attack you. You need them. Interact in a way that keeps them close and responsive to you.

ACTION:

Apologize to your spouse for any complaining about them that you have done. Tell them you are sorry that your inability to resolve your own negative emotions has been wrongly communicated to them as they are doing something wrong. Only take this step after you have adequately empathized and sympathized with them.

LEVEL 2 - TALKS 21 through 30

TALK 21 - A MUTUAL VALUE (Music)

1. What values were encouraged and taught to you growing up?
2. Which of those values have you held on to?
3. Where do you currently practice one of those values and why do you do so?
4. If a friend who knows us well was asked to identify the values we demonstrate in our marriage what might they say and why?
5. What do you view as a vital value for us to both agree upon and manifest in our lives to have a strong marriage?
6. Why do you hold that value in such high regard?
7. Explain how that value enhances our marriage?
8. The value of mutual satisfaction is important in relationships and marriage. Compare the two different values of compromise and mutual satisfaction?
9. What do we tend towards; reaching a compromise or experiencing mutual satisfaction?
10. Compromise does not always leave people satisfied. If we are going to place value on experiencing mutual satisfaction what do we need to remember and practice when we have a decision to make or a conflict to resolve?

ADDITIONAL QUESTIONS:

What has shaped your values over your life time?

What currently has significant influence over what you value?

What are we currently facing that requires us to find mutual satisfaction?

NOTES:

When you have to make a joint decision, a 50/50 compromise is no solution. The danger of this approach to decision making is that each spouse has given up something in return for something they wanted. Yes, you get something for yourself but eventually you are faced with the part that you gave up. This breeds dissatisfaction and can lead to bitterness and resentment.

If you only move ahead once you are mutually satisfied with the decision or course of action there is no place in the future where that dissatisfaction or discontent can arise. If it does, you probably thought you were satisfied with the direction or decision but at some unrecognized level you were not. Your emotions at this point are yours to own and you need to revisit the topic with your spouse.

ACTION:

Take a moment to share a time in your relationship when you believe you experienced mutual satisfaction and what affect you think that had on you and your spouse.

TALK 22 - FINE TUNING FINANCES (Music)

1. How is our current financial situation similar or different from your family's when you were growing up?
2. Share with me 3 ways that makes you feel?
3. How has our financial condition been a bright or a dull spot in our marriage?
4. How close are we financially, to where you hoped we would be at this point in our marriage?
5. How much of the responsibility do you own for where we are at today?
6. If you could become more equipped in one key area of finances, what area would you choose to learn more about or become more skilled in?
7. How could that help us?
8. What strengths do we have that compliment each other and help us financially?
9. Where do you see that we could work more as partners in our finances?
10. Describe in detail one of your financial goals for us.
11. What can I do to help you reach that goal?
12. Is there anything you can see with that goal that we need to adjust so that it is one we both agree with and are mutually satisfied with?

ADDITIONAL QUESTIONS:

Is there anyone that you find yourself jealous of because their financial position is better than ours?

How has that affected your thoughts towards them?

How has that affected the way you interact and relate with them?

What is the remedy for jealousy?

NOTES:

Conflict and problems with finances is one of the four most common reasons couples turn to counseling. Our experience at Complete Conversations™ is that couples struggling in their marriage most often are struggling in the area of finances. As their relationship improves and they mature they desire to and are able to take responsible steps to manage their resources.

You will not correct a financial problem without addressing underlying personal and relational problems. If you have struggled with finances and the problems repeatedly surface, turn your focus to your personal life and relationships and get help for the issues that are sabotaging your attempts to find financial stability.

ACTION:

Share an amount of money you would like to give to a charity or group and how you would like to see them use your gift to make the world a better place.

TALK 23 - SURVIVING STRESS (Music)

1. Science has made it clear that our bodies are not able to thrive in a state of stress. Today's world is an 'always changing' world and though change can be positive all change is a source of stress.

In an average week for you, how many mornings do you wake up stressed and how many nights do you struggle to fall asleep because of stress?

2. Give at least 3 words you use to communicate that you are stressed?
3. Think of a current or recent experience of stress for you. Describe to me what the stress was like for you and how you were affected by it.
4. Detail as best as you can the various contributing causes to that stress.
5. Did you effectively rid yourself of that particular stress; if so, how? If not, why not?
6. What is an effective way for you to relax and calm yourself when you are stressed?
7. Sometimes I don't realize that you are battling stress and therefore don't understand the reason why you are not fully engaged with me.
In the future would you please tell me that you need to do something to lower your level of stress so I can be supportive of you?
8. What cues do you give of that I could pick up on to realize you are stressed?
9. What do you see facing you in the near future that may be a source of stress for you?
10. How can I support you through that so that it causes as little stress for you as possible?

ADDITIONAL QUESTIONS:

What was your experience of stress in your family growing up?

How did each of your parents respond to stress?

Which parent are you more like in this area?

Was there a time as a child or young person that you were stressed and no one was aware of it?

How did you respond to it all alone?

NOTES:

One goal of this 30 Day Complete Conversations™ Program is to create opportunities for you and your spouse to experience joyful communication with each other around many subjects important to you and your marriage. The more joy you experience the greater your ability is to stay relationally connected during stressful times.

Continue to seek out resources that are experiential and facilitate joyful, relaxed relating.

ACTION:

Give your spouse a hug and tell them that you want to be there for them, helping them through their stressful times.

**** This is one Conversation you will want to experience more than every 30 days!**

TALK 24 - RELEASING PRESSURE (Music)

1. In what area of our relationship do you feel significant pressure to perform or produce?
2. Where exactly is the pressure coming from; is it internal or external, explain?
3. What are you afraid of happening if you don't measure up in this area?
4. Can I release you from that pressure? In my heart I realize that no one can be perfect, and that includes you and me.
5. When you feel pressure to perform and it is coming from me, is your tendency to withdraw, drive yourself, or something else?
6. Describe how you act at those times and the feelings you experience as a result.
7. When things aren't going well with us, are you more afraid of feeling blamed or being criticized by me?
8. How have I, or do I, do that to you?
9. Can I apologize right now for doing that to you? **Do so now.
10. I don't want you to feel pressure to be perfect. That is not fair to do to you, in any area of our marriage.

In the future, will you appropriately and clearly tell me when you are experiencing pressure from me?

11. If I stop expecting you to be perfect, will you make an effort to admit when you know you are falling short in an area?
12. When you see you haven't engaged yourself adequately in a situation I need you to be engaged in, will you acknowledge that to me?

ADDITIONAL QUESTIONS:

Pressure can be felt in the form of manipulation. When you feel manipulated what goes on inside you?

Do you ever feel manipulated by me?

How do you see me manipulating you? What are my tactics?

Will you receive my apologies for doing this to you?

ACTION:

We want the listening spouse to take the next few minutes and create a picture with words. Share a word picture of what you think your spouse could look like, free of pressure. What would it look like for them to be in a relaxed relationship where there is no pressure to perform or produce?

NOTES:

We often pressure others because we have expectations of them that we want them to meet. If your marriage has suffered from one or both of you pressuring the other to meet expectations, healing will only come when those expectations are adjusted.

You do not have to lower your standard to adjust your expectations. If your standard is appropriate, hold on to it, but, adjust your expectation. You can do this in a few ways: acknowledge and work on those areas that you fall short of the standard, extend your spouse more time to reach the standard (love is patient), take time to understand the emotions your spouse is feeling in relation to their attempts to meet expectations and accept at a heart level that your spouse may not have the capacity (functionally or emotionally) to reach the standard.

TALK 25 - FAMILY: UNLEASH THE POTENTIAL (Music)

1. A good number of jokes have been made about in-laws. Some are quite funny, others hit too close to home. When you think of all your in-laws what feelings and thoughts do you have?
2. Who on my side of the family would you enjoy spending more time with getting to know better and why?
3. Do you have any ideas how we can build into that relationship and develop its potential for them and you?
4. Which of your in-laws is posing the biggest challenge for you currently?
5. Describe the difficulties you face in that relationship.
6. To what degree do you think they are aware of their contributing issues?
7. Do you think you should bring up with them the issue you are struggling with?
8. What type of response do you anticipate if you started a discussion with them?
9. Describe to me the setting and manner in which such an engagement would have to take place in order for it to best be received?
10. How would you benefit from taking a step in this direction by starting to talk about this?
11. Maybe now is not the right time to address the issue. What is there about this in-law that you could accept that might on its own make the relationship easier for you?

ADDITIONAL QUESTIONS:

What were your initial thoughts about my family when you first met them?

Have those thoughts been confirmed or have they changed over time? How?

Do you think a closer relationship with your extended family would benefit our marriage or add stress?

ACTION:

Share with your listening spouse the following: If you had the opportunity to share with your in-laws the best things about your spouse, what good qualities and praises of your spouse would you share with them?

NOTES:

Like finances, in-laws are another common reason why couples pursue counseling. Again, like with finances, if in-law problems repeatedly surface there are underlying individual and couple issues that need resolving.

This will take time. It is a maturing process where you learn what it means to take care of yourself and your marriage amidst the reality of in-laws. A life giving relationship with in-laws is not the immediate goal and may never be realized. Your priority is to take care of yourself and nurture your marriage.

TALK 26 - FANNING THE FLAME (Music)

1. If we likened the love between us to a fire, on the scale of a match being low, to a bonfire being high, where would you place your experience of our love?
2. Share with detail the last time you experienced a bonfire?
3. When do you remember feeling nothing more than the flame of a match?
4. What did we do then to fan the flame when it was that small?
5. What external influences have threatened to extinguish our love fire?
6. What ideas do you have to protect us from those influences and keep them from dowsing our flame?
7. Currently, what burden are you dealing with or carrying that is acting as a 'wet blanket' on our love?
8. Thank you for acknowledging that you have that going on. I think we both share responsibility in maintaining an atmosphere of love. Is there anything I can do or say that would help you with that burden?
9. When I am feeling like the flame is on its way out, what is a good way I can approach you and ask you to join with me in doing something to rekindle our love?
10. How can I effectively communicate my love of you at those times when you may be questioning its existence?

ADDITIONAL QUESTIONS:

What couple do you view as a good example of a 'couple in love'?

What do you attribute their love to?

Is there a particular song that you enjoy that causes your thoughts to turn to me in a loving way?

NOTES:

Coach Keith often hears a wife say she doesn't feel love from her husband. When she is asked if she has ever felt lusted after by her husband the answer is an immediate and strong 'Yes'. The difference is that love is giving and lust is taking. When a wife is being taken from (lusted after) without being given to (loved) she will develop resentment, protective walls and hostility. The husband encountering this will feel rejected and react in ways that appear unloving to the wife. His reaction validates her position and soon enough you have stopped communicating and are completely disengaged from one another.

When a husband is lusting after his wife he is using her sexuality to sexually arouse himself. This arousal can have a numbing affect on the emotional pain of the husband. He experiences relief from stress or pain and confuses it with love. It is not love, it is the absence of pain. The process of changing this can take considerable time and requires significant relational skill on the wife's side and responsiveness to her care on the husband's side. The wife's role is to provide opportunities for the husband to appropriately verbalize his feelings. He will need to feel safe at these times and see his wife approaching him as a friend wanting to help.

**** The next Conversation will help you understand and develop this type of safe environment for your marriage.**

You will know you are making progress when in your sexual relationship an opportunity to connect physically is available but it is not 'needed' by the other spouse. No one ever 'needs' sex.

ACTION:

Discuss in detail what you envision as a mutually satisfying time of 'fire building' for your marriage.

TALK 27 - THE STRENGTH OF FRIENDSHIP (Music)

1. Recount for me a time that you were caught in an awkward, painful or embarrassing situation.
2. Did that situation seem more dangerous or more uncomfortable?
3. What is the best thing someone else could have done for you in that moment to intervene and save you from what you were experiencing?
4. To what extent do you feel safe with me when you and I are involved in a difficult discussion or situation in our relationship?
5. How do I trigger feelings within you of 'this is not safe for me'? Some ideas are: my raised voice, my defensiveness or my attacking you. Share what unsafe looks like for you.
6. I admit that at those times I am fighting you and not fighting for our marriage. If I was fighting for our marriage I would put more effort into making it a safe place for both of us to work through our issues. Can you recall a time when I did that for us?
7. What would an ideal environment look like that will help us get through whatever problem we are facing?
8. When we 'get in to it' and you stop acting like the person I know you to really be, I must remind myself that my words are doing very little to help your situation. Our friendship is at stake. What picture comes to mind when you think of me treating you like a good friend?
9. What affect will it have on you when you experience me as a friend and companion and not as an enemy that is threatening you?
10. Think of a code word or phrase you can use with me which I will understand to mean that, 1. you are not feeling safe in what we are going through and 2. that you want to see less of an enemy and more of a friend in me. What is that word or phrase?

ADDITIONAL QUESTIONS:

Describe a friendship that you have or had in which you felt safe with that person.

Has there been a time in our relationship that you think we had a better friendship than we do now?

What were the factors that made that possible for us then?

ACTION:

Spouses who have a strong friendship are not able to avoid all conflict but, they have a foundation of joy between them that provides the strength to work through their conflicts. Make a list of 5 things you can do together over the course of a month that will be mutually satisfying and will strengthen your friendship.

NOTES:

Should your spouse be your best friend? At Coach Keith our answer is a strong, loud 'YES'. What we have seen happen when a couple disengages is one or both spouses turn to their friends in a wrong way. Very often they are turning to their friends to intentionally or unintentionally replace the friendship they have lost with their spouse. This will heap frustration and exasperation on the marriage relationship.

When you are experiencing disengagement from your spouse the role of your friends is to empathize and sympathize with you not add to self-pity or replace your spouse. They should stand you up, dust you off and turn you back towards your marriage so you can re-establish a best friend relationship with your spouse.

All physical, sexual, verbal, emotional and spiritual abuse is wrong. If your marriage includes any of these abuses seek professional help immediately. DO NOT ATTEMPT A FRIENDSHIP UNTIL THE ABUSE HAS STOPPED AND YOU HAVE PERSONAL EVIDENCE AND OUTSIDE CONFIRMATION FROM SOMEONE WHO KNOWS YOUR SITUATION WELL THAT YOUR SPOUSE IS NO LONGER ABUSIVE AND THEY ARE SAFE TO BEGIN APPROACHING.

TALK 28 - LISTEN TO YOURSELF (Music)

1. What does this say to you about yourself when I take the time to engage with you like we are now?
2. How hard is it for you to receive from me positive statements and affirmations about yourself?
3. Share a couple of pleasant memories you have of people who spoke to you positively and encouraged you.
4. When you need to remind yourself of who you are and what you are capable of, what image comes to mind: one that is positive, capable and valuable or one that is more negative, inadequate, and worthless?
5. Did that image of you form over time or were there pivotal moments in your life that defined you that way? Explain.
6. When you make a mistake what types of statements do you say, out loud or to yourself in your mind?
7. What effect does that kind of talk have on you?
8. How much negative self talk goes on in your mind that I am not aware of?
9. What happens inside you when you are talking to yourself negatively, and I say or do something that confirms it in your mind?
10. What happens when you are involved in negative self talk and I do or say something that is positive and challenges your negative thoughts?

ADDITIONAL QUESTIONS:

Has anyone told you that what they hear you saying about yourself (negative) just isn't true?

Who was it and what were they referring to?

To what degree do you believe that everything you think about yourself is true?

Are there lies about yourself that you want to be free from? What are they?

What can I do or say to help you find freedom from the lies you believe?

ACTION:

Each of us needs to hear and receive the message that we are loved regardless of what we do, that we are valuable for who we are and that we are enjoyable as we are. Take all the time you the listening spouse needs to communicate these messages to your spouse.

NOTES:

Technology is able to show us our brains at work. The brain scan of a person licking an ice cream cone looks very close to the brain scan of a person thinking about licking an ice cream cone. In the second scan there is no activity in the part of the brain that initiates action, otherwise they are the same.

This interesting study is worth considering in relation to your own thoughts. Even though you may not act on them now you are preparing your entire being to act faithful to them. Eventually they will translate into action. The question is how will you be acting when this happens?

TALK 29 - RESOLVED TO RESOLVE (Music)

1. Growing up, what did the conflict in your family look like?
2. What models of resolution were you exposed to or taught?
3. Many experts in the field of relationships say the same thing, that conflict and fighting can be a good thing if it is carried out in a right manner. In what ways do you agree or disagree with this statement?
4. Recall your idea of what you thought marriage to me would be like. Do you find we fight more or less than you anticipated?
5. Summarize why you think the majority of our conflicts occur?
6. Do you think that typically we end up closer, or further apart after a fight?
7. What are your feelings about that? Share three.
8. What negative behaviors do you show that would indicate to me that our conflict is not on a path of resolution? Two examples are meanness and withdrawal, what do you tend to display?
9. What ideas do you have on how we can come back together at that point to fight for our marriage instead of fighting each other?
10. What are the benefits for us individually and as a couple for addressing our conflict in a timely and effective manner?

ADDITIONAL QUESTIONS:

Currently, are there other areas in your life where you are in the midst of conflict?

Can you see a path to resolution or at least the path you can take?

How does the experience of conflict in other areas of life affect us when we are experiencing a conflict?

ACTION:

Take time now to recognize a conflict that seems to resurface often. Decide if it is something you will have to agree to disagree on, forgive one another or reopen discussion with a renewed desire to listen and understand each other.

NOTES:

Have you ever replayed a fight in your mind? Typically when this happens people are rehearsing the wrongs of their spouse and how much hurt those wrongs caused.

Replaying fights in your mind is not healthy.

Replaying fights can be healthy.

Try this. Decide on an issue that has caused conflict in the past and still is not resolved. Sit with your spouse with a goal of talking about that issue for 5 minutes. **RECORD YOURSELVES.** Then, after 5 minutes, regardless of where you are in the conversation, turn the recorder off. Listen to it together but only listen for how you were talking. Make note of any defensiveness, criticism, arguing etc. on your part. Each of you acknowledge your own negative contributions to the conversation as wrong and apologize. Try to have the conversation again (immediately or later if necessary) and improve on the quality of your contributions to resolution.

TALK 30 - S.O.S. A.S.A.P (Music)

1. Many marriages find help through books, seminars, videos, podcasts and support groups. Are there resources available to us that you are willing to take advantage of when a need surfaces?
2. When I suggest or tell you that I think we need to get help what does that feel like to you?
3. At this point in our marriage what are your thoughts about going to someone for a relationship tune-up?
4. There are times that our individual problems break into and effect our marital relationship. How do you feel about seeking outside help from a coach or counselor when the need arises?
5. Who do you have in your life that you can talk to in situations where we cannot talk to each other about the issue because it is affecting us both?
6. I think it is good that we have people in our lives that we can go to for help when we cannot work through something together. The person we place in this role needs to be able to: listen unbiased, encourage wisely and then stand us back up and face us towards each other to continue to work through our issue. Who is this person for you?
7. Tell me why they are good for you and ultimately good for us when we are struggling?
8. If we are an average married couple, we will face times where a friend is valuable but not capable to take us through some of the bigger issues we may face. Do you or I have to wait until we both feel like we need outside help to pursue that or can we agree that if one of us feels the need together we will take immediate action to secure adequate help?
9. It would help me to know you see an area in your life that needs growth and that you were working on it. What area of your life do you see a need to change?
10. At this point, are you willing to share with me something you are doing to bring positive change in that area.

ADDITIONAL QUESTIONS:

As a result of completing this 30 Day Program have we made headway on some issues in our marriage?

Do you think we have strengthened our friendship?

How much better are we at communicating?

What difference is this making for us at times of conflict?

NOTES:

Successful completion of this program does not mean problems in your marriage will not arise in the future. Success does mean that you have enjoyed numerous times of powerful communication with your spouse. Regardless of where you were when you started this program you are no longer there. You are on a life long journey. At every stage of this journey the daily Conversations in this program will offer unique help.

There may still arise marital issues that require professional attention. This does not mean you or this program has failed. Continue to access this program in conjunction with therapy.

Everyone, regardless of age, number of years married, life situation or maturity level will benefit from ongoing use of this program. Please do not treat this as a one time event. Make the 30 Day Program an integral part of the care and support your marriages requires in order to experience continued growth as a couple and an unbreakable connection.

ACTION:

Take turns sharing what goes on inside of you when you feel you as a couple need outside help but the other is unwilling to acknowledge the need exists and dismisses your plea for help.

About Complete Conversations™:

The Next Generation of Self-help!

90% of personal problems stem from negative relational experiences and cannot be overcome by knowing steps, secrets, keys and 'how to's'. Change will not be found in books, seminars or teachings. Complete Conversations™ is a new generation of self help developed and proven effective in over 30,000 hours of in person counseling.

Complete Conversations™ is not information. It is a groundbreaking therapeutic process that instantly creates positive relational experiences. Eradicate the #1 cause of divorce, drifting apart, and begin building your unbreakable connection one TALK at a time.

COACH KEITH:

For 30 years Keith has used his gifts as a Coach, psychotherapist, speaker, author and pastor to strengthen marriages and families.

Prior to creating Complete Conversations™ Keith spent a decade leading hundreds of couples and families through the process of connection which he developed and utilized during counseling sessions. This process has been used thousands of times to quickly and accurately identify root problems, apply healing to wounds, establish heart level communication and restore capacity for life.

Keith is the creator of Complete Conversations™ a revolutionary tool to enhance your experience of relationships, life and faith. He strongly believes that experience not information brings change. Keith is excited about current scientific findings in the area of brain science and relationships and how they can be used to exceed the success of current forms of help.



BOOK A FREE 30-MINUTE ZOOM CALL WITH COACH KEITH TODAY