HOLY MATRIMONY

Session 2: Flipping the Frame

Opening Remarks

How we frame our life is paramount to enduring the highs and lows of marriage. We cannot control what pains and joys come to us but we can control how we frame those moments. Flipping the frame of our perception allows us to take criticism courteously and compliments humbly.

Watch the Session 2 Video

Discussion Questions

1. Think of a joke or story that made you change your perspective halfway through. How can we break the routine in our perspective by flipping the frame?

2. Frames create blind spots and assumed feelings or actions. How can we guard against negative blind spots and refocus on what is truly important in our relationships?

3. How can adjusting the framing of your understanding improve your relationship?

Closing Remarks

The frame of our lives will determine our worldview and drastically affect our relationships. We must remember that we have ability to control our reactions and the framing of our perceptions. Breaking the mold and viewing issues from different perspectives will increase our relationships flexibility, and, ultimately, lead to a more content life.

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