



## **SAMPLE “HOW CAN I?” QUESTIONS**

1. How can I help my spouse to communicate?
2. How can I stop arguing?
3. How can I stop blaming my spouse?
4. How can I say what I really think or/and feel?
5. How can I admit when I do something good?
6. How can we come to a solution when we both argue?
7. How can I listen effectively?
8. How can I speak with love?
9. How can I not criticize?
10. How can I stop doing what I'm doing and listen to my spouse?