

1. Practicing the Fundamentals: The hosts compare practicing relationship gestures to mastering the fundamentals in sports or music, noting that they might not feel natural at first but are absolutely essential for success. **What is a "fundamental" habit or gesture in your marriage that felt awkward to practice initially but has now become a natural and vital part of your relationship?.**

2. Addressing Hidden Insecurities: The video highlights that men often wake up with a deep self-doubt about whether they are "able" or doing a good job, while women often struggle with insecurities about whether they are lovable, special, and beautiful. **Do you agree with this assessment of male and female insecurities, and how does understanding these underlying vulnerabilities change the way you want to speak to and encourage your spouse?.**

3. Filling the Soul vs. Puffing the Ego: For wives, one of the "Fantastic Five" is to brag about their husbands in front of other people. The speakers clarify that this doesn't create a prideful monster, but rather soothes a man's deep self-doubt and "fills his soul" like water on a thirsty land. **Why do you think public praise is so incredibly powerful for a husband, and what is a practical, genuine way a wife can do this without it feeling forced?.**

4. Escaping the "Funk": A surprising gesture husbands can do for their wives is to actively pull themselves out of a bad mood or "funk," because a husband's dark cloud can make a wife feel emotionally insecure or falsely responsible. **Have you ever experienced this dynamic where one spouse's bad mood negatively impacted the other's sense of emotional security, and how can you help each other "boss your feelings around" in those moments?.**

5. The Compounding Interest of Small Gestures: The video describes how doing these stupidly simple things daily builds a massive foundation of goodwill and emotional security "little by little," which makes solving big problems much easier. **Can you share a recent example of a tiny, 30-second gesture your spouse did (like sending a surprise text, saying thank you for a chore, or taking your hand) that completely shifted your perspective or made your day?.**

6. The Gift of Contentment: The hosts note that one of a husband's primary goals is simply to make his wife happy, and seeing her smile or show contentment provides him with profound reassurance. **Why is it sometimes so difficult to show simple contentment or a smile when we walk through the door after a long day, and how can couples be more intentional about greeting each other with joy rather than a transactional list of problems?.**

7. The Power of "Thank You": The video notes that for a man, hearing the words "thank you" for his efforts is often the emotional equivalent of a woman hearing "I love you". The hosts explain that men deeply want to know if they are doing a good job, meaning that noticing and validating even mundane tasks—like changing light bulbs or keeping the kids quiet—has a massive impact. **Why do you think acknowledging these routine efforts is so deeply validating for a husband, and how can wives be more intentional about noticing them instead of taking them for granted?**

8. Surprise Connections and Compartmentalization: The hosts suggest that husbands actually set a phone reminder to send their wives a surprise text or voicemail during the workday. They point out that because men are often highly "compartmentalized" while working, they may simply forget to reach out, even though a simple "I'm thinking of you" text can mean so much to a wife that she

might even screenshot it. **For the husbands: Do you find that being "compartmentalized" makes it harder to remember small relationship gestures? For the wives: How does an unexpected, 30-second text shift your perspective during a busy day?**

9. The "Easy vs. Hard" Misconception: The hosts share a story about a woman at an all-day marriage conference who expressed frustration that the suggested tasks for men seemed incredibly "easy" compared to the "hard" things asked of the women. The speaker explained that the men's gestures only seemed easy to her because they naturally align with how women are wired; for a man, remembering to text or spontaneously say "you're beautiful" does not come naturally and requires purposeful effort. **Which of the "Fantastic Five" gestures for your spouse feels the most "unnatural" for you to remember to do, and how can you practice it until it becomes a habit?**

10. Addressing Vulnerability with Affirmation: The video shares a relatable scenario of a wife staring at a pile of clothes on her bed claiming she has "nothing to wear," which is often a hidden expression of feeling ugly, unattractive, or not special. When a husband steps in to give her a hug and sincerely call her beautiful in that exact moment of vulnerability, it profoundly speaks to her deepest insecurities. **How can couples get better at recognizing these hidden moments of vulnerability in one another, and why is private, sincere affirmation in the home often more impactful than public praise?**