

1. The Mule's Load

The transcript opens with the phrase "every mule believes his load is the heaviest." Think about your own marriage. When was a time you were so focused on everything *you* were carrying that you completely missed what your spouse was dealing with? What helped you (or could help you) see their load more clearly?

2. The Applebee's Moment

Brian describes how his manager pointed out that he walked right past six tables with half-empty glasses because he was only focused on *his* tables. In what areas of your marriage might you be "walking past other tables" without even realizing it? What would it look like to widen your view?

3. The Canoe Principle

A highly happy couple described marriage like a canoe: if both people lean the same direction trying to prove their point, the whole thing tips over. Have you and your spouse ever had a "canoe tipping" moment where you were both trying to outdo each other in proving how much you do? What pulled you back to balance?

4. Keeping the Right Score

The research found that 79% of highly happy couples regularly do small acts of generosity out of gratitude for their spouse, compared to just 23% of struggling couples. What is one small, specific act of generosity you could start doing this week? And honestly, what "score" have you been keeping that you need to let go of?

5. The Legal Pad Exercise

In the story about the woman ready to leave her marriage, her aunt had her list everything her husband did wrong on the left side of the page, then write *her own responses* to those things on the right side. If you did that exercise tonight, what patterns might you notice in how you respond when you feel unappreciated?

6. "How Can I Help You, Babe?"

Brian overheard a man answer every call from his wife with "How can I help you, babe?" and it had become a genuine discipline in his life. What's one question or phrase you could build into your daily routine that would signal to your spouse, "I see you, and I'm here for you"?