

1. The Myth of Uncontrollable Emotions The speakers discuss the common myth that "my feelings are my feelings" and argue instead that we can actually learn to "boss our feelings around" rather than letting our feelings boss us around.

- *Discussion:* Do you naturally tend to believe that you have no control over your emotions? Can you share a time in your marriage when you felt controlled by your feelings, and what might "bossing them around" have looked like in that moment?

2. Blocking the Sun with a Quarter The podcast shares an analogy: if you hold a quarter up to your eye, it can completely block out the bigness of the sun. In marriage, this happens when we focus on small irritations (like how a spouse cleans the kitchen) and miss out on all the good things they do.

- *Discussion:* What is a "quarter" (a small, persistent irritation) that you sometimes allow to block out the "sun" in your spouse? How can you purposefully shift your focus to the big picture this week?

3. Changing the Course of Arguments Jeff shared that while making a daily journal of his wife's life, he forced himself to write down something positive about her even when he was mad. By the time he was done, his heat and emotion had vanished, and it eventually changed how they interacted in the middle of disagreements.

- *Discussion:* Have you ever tried forcing yourself to remember your spouse's positive traits while in the middle of a disagreement? How could adopting a habit of "remembering the truth" about your spouse's good qualities change the temperature of your arguments?

4. The "Act As If" Principle The second major strategy for bossing your feelings around is to change your actions by "acting as if". A woman in the episode struggled to love her difficult mother-in-law, so she asked herself, "*What would I do if I loved her?*" and acted on those things, which ultimately changed her feelings.

- *Discussion:* It is often said that it is easier to "act your way into a new kind of feeling than to feel your way into a new kind of acting". In what specific area of your marriage could you practice the "act as if" principle this week, and what specific action would you take?

5. Listening vs. Talking to Yourself The podcast features a quote suggesting that most unhappiness in life comes from "listening to yourself instead of talking to yourself". Instead of just letting negative thoughts and past problems speak to you, you have to purposefully speak back to them.

- *Discussion:* What does "listening to yourself" (letting negative assumptions or grievances spiral) look like in your relationship? What is one positive truth about your spouse or your marriage that you need to start actively "talking" to yourself about?

6. Overcoming the Temperament Excuse Jeff is described as a "High C" personality type, meaning he is naturally critical, constantly looking at what can be improved, and essentially "never satisfied". However, he did not let his natural temperament stop him from retraining his brain to look for the positive.

- *Discussion:* Do we ever use our natural personalities (e.g., "I'm just a feeler," "I'm naturally critical," or "I'm just wired this way") as an excuse for how we treat our spouse? How does Jeff's story challenge the idea that certain personality types can't change their emotional habits?