

Exercise 5.4  
**Talk Charge Prep**

Below is a list of Talk Charge ideas. Many of the ideas may not be appropriate for your situation. That's okay. If you can find a few that will work for you, then the list will have served its purpose.

The more you prepare for your Talk Charges the more impact they're likely to have on your relationship. This is particularly important if your spouse is obstinate and resisting communication with you. Don't just pick up the phone and dial. Think first! What would interest your spouse? What would they appreciate hearing? What would bore them? What should you *not* talk about?

STEP 1: Comb through the list below and circle the Talk Charge ideas that might work for you.

Spouse 2: There is a duplicate list behind this one.

TALK CHARGE IDEAS

- Tell your spouse a joke.
- Remember old times. "Honey, remember when..."
- Find something cute in the newspaper or a magazine to share.
- Research online something interesting about your spouse's hobby and call to share it with them.
- Tell your spouse about the dream you had last night.
- Share with your spouse a childhood memory.
- Express confidence in one of your spouse's decisions.
- What was "your song" when you were dating? Call your spouse and sing it to them.
- Ask how your spouse's day went... and really listen.
- Compliment something your spouse is wearing.
- Share a story from the news or your day that you thought was interesting.
- Tell your spouse that if you had to do it all over again, you'd choose them.
- Share a problem - thank your spouse for their concern.
- Remind your spouse to drive safely next time they leave the house.
- Call your spouse at work with the latest news.
- Say "I'm sorry" about a mistake you recently made.

- Think of 3 ways your spouse has made you a better person – tell them now.
- Compliment your spouse on your favorite physical trait.
- Look at your spouse when they are unaware of your gaze – share your feelings.
- Share what you most admire about your spouse.
- Thank your spouse for helping you through a challenging time in your life.
- Dig out the wedding album and reminisce.
- Express confidence in your spouse's ability to overcome a problem.
- Listen to your spouse's worries - ask how you can help.
- Before parting, tell your spouse you can't wait to see him/her again.
- Tell your spouse about an interesting person you just met.

STEP 2: In the space provided below, write in your own Talk Charge ideas. Your Talk Charges will be much more successful if you plan for them.

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**I want to emphasize again that it doesn't matter if 99% of the Talk Charge ideas above don't apply to your situation or your spouse. Your focus should *not* be on what won't work. Try not to be negative. Use the above exercise as a means to discovering the subject matters that *will* connect you with your spouse.**

## **Spouse 2**

STEP 1: Comb through the list below and circle the Talk Charge ideas that might work for you.

### TALK CHARGE IDEAS

- Tell your spouse a joke.
- Remember old times. “Honey, remember when...”
- Find something cute in the newspaper or a magazine to share.
- Research online something interesting about your spouse’s hobby and call to share it with them.
- Tell your spouse about the dream you had last night.
- Share with your spouse a childhood memory.
- Express confidence in one of your spouse's decisions.
- What was “your song” when you were dating? Call your spouse and sing it to them.
- Ask how your spouse's day went... and really listen.
- Compliment something your spouse is wearing.
- Share a story from the news or your day that you thought was interesting.
- Tell your spouse that if you had to do it all over again, you'd choose them.
- Share a problem - thank your spouse for their concern.
- Remind your spouse to drive safely next time they leave the house.
- Call your spouse at work with the latest news.
- Say “I'm sorry” about a mistake you recently made.
- Think of 3 ways your spouse has made you a better person – tell them now.
- Compliment your spouse on your favorite physical trait.
- Look at your spouse when they are unaware of your gaze – share your feelings.
- Share what you most admire about your spouse.
- Thank your spouse for helping you through a challenging time in your life.
- Dig out the wedding album and reminisce.
- Express confidence in your spouse's ability to overcome a problem.

- Listen to your spouse's worries - ask how you can help.
- Before parting, tell your spouse you can't wait to see him/her again.
- Tell your spouse about an interesting person you just met.

STEP 2: In the space provided below, write in your own Talk Charge ideas. Your Talk Charges will be much more successful if you plan for them.

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**I want to emphasize again that it doesn't matter if 99% of the Talk Charge ideas above don't apply to your situation or your spouse. Your focus should *not* be on what won't work. Try not to be negative. Use the above exercise as a means to discovering the subject matters that *will* connect you with your spouse.**