

TWO EQUALS ONE

A MARRIAGE
EQUATION
FOR LOVE,
LAUGHTER
& LONGEVITY.

DISCUSSION QUESTIONS

Use the questions below in your small group or directly with your partner to further generate discussion about 'Two Equals One: A Marriage Equation for Love, Laughter, and Longevity' by Jimmy and Irene Rollins.

1. The authors begin the book by expressing a desire to help you find “freedom from your past, from your present hang-ups, and from the feeling of hopelessness that plagues—and all too often ends—so many marriages today.”
 - a. To what extent does that invitation resonate with you and apply to your marriage?
 - b. What did you hope to discover and/or receive by working through the book?
 - c. Do you believe a marriage filled with “love, laughter, and longevity” is possible for you and your spouse to experience? Why or why not?
2. What do you think the difference is between an unhealthy codependency and a healthy two-equals-one marriage partnership as the authors describe it?
3. The authors recount how God led them from a self-centered, bitter, disintegrating marriage toward a union based on openness, other-centered respect, and an appreciation of differences. Can you relate to their journey? If so, in what ways?
4. How would you answer the following three questions posed in Chapter 2? (And are you willing to discuss these with your spouse and listen to his or her answers?)
 - a. How do you handle conflict?
 - b. What were your expectations when you got married?
 - c. What areas of conflict cause you to question your love for your spouse?
5. In what ways did the authors' thoughts on secrets speak to you? Can you identify any secrets that are causing conflict, bitterness, and/or resentment in your marriage?
6. Thinking about the authors' assertion that marriage is about complementing rather than completing each other, what does that look like in your own marriage?
7. Have false definitions of “love” as defined by the world (culture, movies, etc.) played a role in making your marriage more difficult? If so, how?
8. Part Two of the book zooms in on the power of joy and laughter. To what extent is that present in your marriage today? If it is lacking, what do think it might take to increase it?

9. As the authors explore breaking the communication code:
 - a. Are you more the tiger or the turtle in your relationship? (See Chapter 7.)
 - b. How would you characterize the role that emotions play in your marriage?
 - c. What ideas or encouragement do you draw from the emphasis on check-ins?
 - d. How do you think “rewriting the script” of assumptions and beliefs can contribute to healthier conflict resolution with your spouse?
10. The book’s third and final section (Longevity) begins by encouraging readers to “recognize the ways in which past experiences and personal modes of communication can cause friction or misunderstanding.” How would you respond to that statement?
11. What did you think of the concept of “the couple bubble” introduced in Chapter 12? Is that something that has been—or could be—helpful in strengthening your marriage?
12. The authors often cite examples of life transitions that can threaten the short- and long-term health of a marriage. Have you faced (or are you facing) any major life changes that have challenged the health and vitality of your relationship?
13. What does it look like for you and your spouse to be on the #SAMETEAM?
14. How would you describe the importance and role of boundaries in your marriage? How healthy do you think they are? Are there any areas in which establishing or reestablishing healthy boundaries might serve to improve your relationship?
15. Finally, have you applied the concept of Ctrl + Alt + Del in your marriage? If so, how has that reboot or reset helped you and the relationship? If not, what steps might you take today or this week to initiate a marital reboot?