growing**through**adversity

As you watch ***Growing Through Adversity***, use this map as a guide and pause at some waypoints to have a loving conversation with your spouse. Each waypoint has two questions to help you navigate your journey together as a couple. May this film be a starting point for many meaningful conversations to come!

HUMOR

"You know you're in love when you can't fall asleep because reality is finally better than your dreams." *—Dr. Seuss*

1. What is the funniest memory from your marriage?

2. How can you bring more humor into your marriage?

01
(1:32)

TOGETHERNESS

"When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible." *—When Harry Met Sally*

1. What was the most difficult season in your marriage?

2.How can you grow closer together?

02
(4:16)

LEGACY

"It's not the honor you take with you, but the heritage you leave behind." *—Branch Rickey, Dedicated to the Tuskegee Airmen*

1. What is the greatest lesson you have learned from your marriage?

2. What legacy do you want to leave?

03
(14:12)

SACRIFICE

"The military spouse, whether man or woman is the backbone of freedom. No nation can stand without their sacrifice. Just as the Soldier marches off to war —so too their Families." *—Military Spouse*

1. What is the greatest sacrifice you have made in your marriage?

2. How can you better serve each other?

04
(22:50)

FORGIVENESS

"I got gaps: you got gaps; we fill each other's gaps."*—Rocky*

1. What is the greatest example of forgiveness?

2. How can your marriage grow in forgiveness?

05
(26:50)

STRONG BONDS

#StrongBonds #GrowingThroughAdversity @ArmyChaplainCorps

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Feel free reach out to your Unit Chaplain or Religious Support Office regarding counseling, future Strong Bonds events, or other needs. If you have comments or questions regarding this film direct them to ***usarmy.pentagon.hqda-occh.mbx.strong-bonds@mail.mil***

"You don't develop courage by being happy in your relationship every day. You develop it by surviving difficult times and challenging adversity."
—Epicurus

COURAGE

1. What does courage mean to you?

2. How can we be more courageous in our marriage?

06
(30:20)

"Most of us spend too much time on what is urgent and not enough time on what is important."
—Stephen Covey

PRIORITIES

1. What are your greatest priorities in life?

2. How can you prioritize what matters most as a couple?

08
(37:43)

"What's the craziest, most irrational thing you can do to a good marriage? Yet, more fun than a roller coaster? Have kids." *—Norman Stahl*

FAMILY

1. What do you enjoy most about your Family?

2. How can you continue to build a strong Family?

07
(34:24)

Grow old with me!
The best is yet to be."
—Robert Browning

GROWTH

1. How have you grown individually in your marriage?

2. In what area would you like to grow as a couple?

09
(43:46)

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." *—John F. Kennedy*

THANKFULNESS

1. What are you most thankful for?

2. How can you be more appreciative toward your spouse?

10
(47:49)

STRONG BONDS

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