

SPIRITUALITY

Spirituality describes the multifaceted connection between an individual and their spiritual beliefs and practices.

This term is open for you and your partner to interpret. Every person has a spiritual journey, which most likely began with influence from their **family of origin**. This means each couple has two spiritual journeys that relate to each other. Your spiritual journey might be closely aligned with your partner or it might be farther apart.

When spirituality is an area of agreement in your relationship, it can deepen the love you have for your partner and it will support your growth as a couple.

Be cautious, though, as spirituality is ever-changing and there may be times when you and your partner are at different points in your understanding and expression of your spiritual journeys.

Sharing beliefs with each other and discussing your preferences for practicing and expressing spirituality will strengthen this area of your relationship.

It isn't about trying to make your partner meet you where you are on your spiritual journey. It is about learning to support one another and integrate spirituality into your relationship to increase your sense of intimacy and satisfaction.

Family of origin refers to the group of family members with whom you grew up which often includes parents and siblings.

DISCUSSION

// Consider your family of origin – How was spirituality discussed in your family when you were a child? How did your family of origin help you form the beliefs you hold today?

// Look at your spiritual journey – How has your spirituality changed over time? Have you made significant life changes based on spiritual guidance? How has your understanding of spirituality changed? During your relationship, how have you shifted your spiritual beliefs?

// How does spirituality strengthen your relationship? What activities do you and your partner do both together and separately that make your spiritual bond greater? Pray together? Go to church together? Pray for each other? Set daily intentions for your relationship? How does your spirituality allow you to be more connected to your partner?

// How does your relationship honor your spirituality? What values and beliefs from your spirituality do you carry into your relationship? What spiritual practices or expressions influence your relationship? How does spirituality guide your relationship in times of struggle?

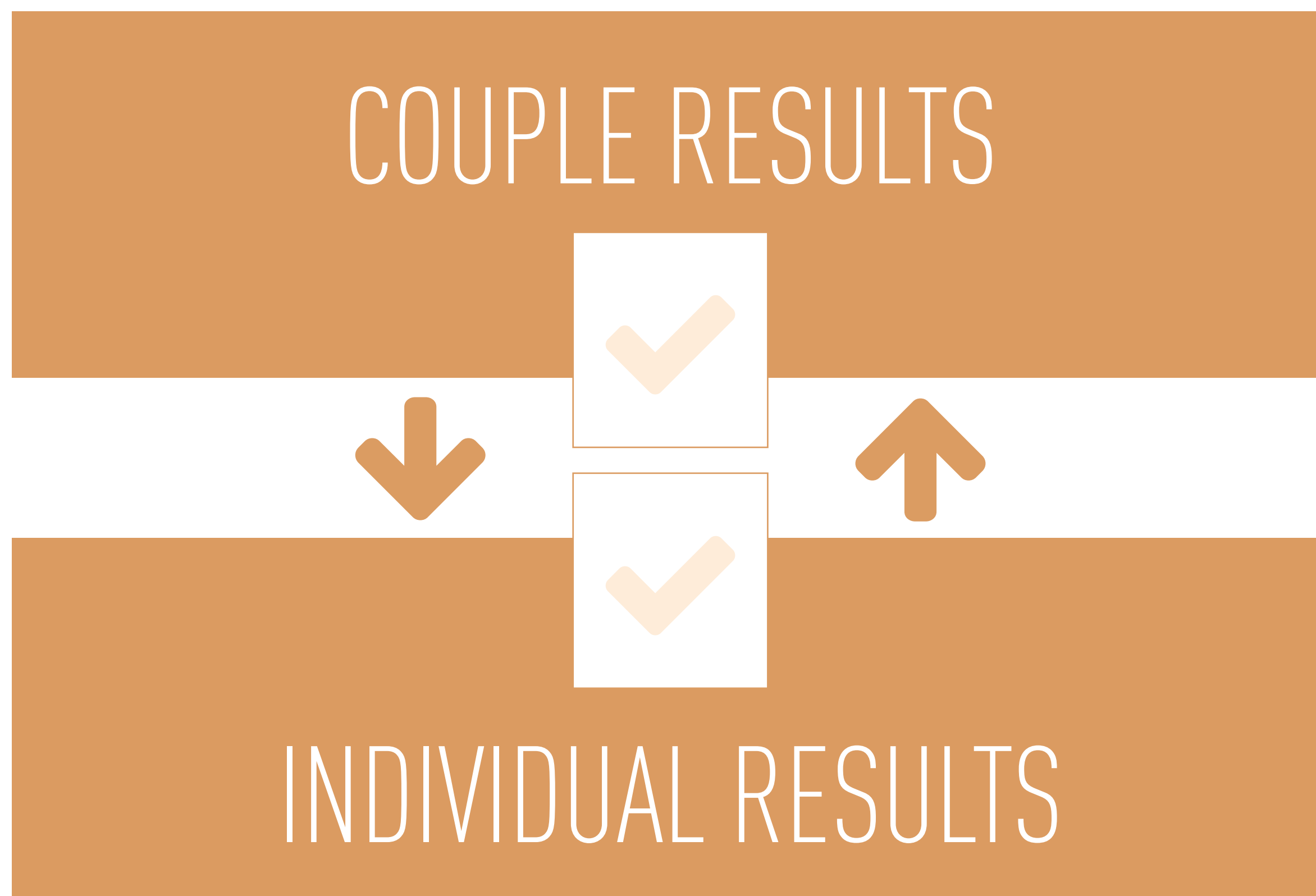
// Is spirituality the foundation of your relationship? If yes, discuss how spirituality supports other topic areas in your relationship. If no, discuss what you consider to be the foundation. How does this align with your shared values and beliefs?

CHECK IN WITH CHECKUP

Check in with your Couple Checkup results

by reviewing the *Spiritual Beliefs* section of your report.

Are you surprised by the suggested discussion items?



Does this accurately reflect how you feel about spirituality in your relationship?

TAKEAWAY

Even though spirituality is a personal journey, your relationship can be strengthened when you celebrate shared perspectives and respect differences.

APPLICATION

Shared values and beliefs may strengthen your relationship, while shared expression of values and beliefs makes your bond even deeper. Establish a new ritual with your partner that honors the relationship between your spiritual journeys.

NEXT STEPS

Be curious about your partner's spiritual journey. Select a time where you and your partner can regularly discuss, practice, and express your spirituality together. Consider joining other couples in a small group in your faith community or even start one on your own.

SECTION SUGGESTION

Consider exploring **Commitment** or **Family & Friends** next.