



MUM Moments™
Discussion Starters
for
The Language of Hint

General: Remember, this is a time of discovery and sharing – not a time for “fixing”. True “fixing” can only occur after you each feel heard and understood.

1. Discuss how you see this topic relating to your marriage.
2. Score your marriage relationship - from 1 to 10 with 1 being seldom and 10 being often – how often would you say you use the language of hint?
3. In which area of your relationship do you use it the most?
4. This week, pay special attention to your interactions. Look for instances where you find yourself hinting rather than asking.

Remember – don’t hint. Communicate the things you want and need clearly with love and tenderness. Then watch how your relationship grows and blossoms.