



## Participant and Spouse

### What you are Doing

Before Residential 3 we want to encourage you:

- To focus on the impact of Arrow on you as a couple, and the implications that it raises.
- Not to compare yourself with others. Some of you will have spoken lots about this already, others hardly at all. Some will find this exercise easy, others hard. For some of you the conversation will feel very positive, for others you may find yourselves getting stuck.

### How to Do It

There are several ways you could approach this time.

1. Dive straight in to chat about Arrow and its impact on your lives/relationships and so on. This may well continue a previous conversation.
2. Give yourselves 15 minutes to reflect on the following question individually and then come back together to share your thoughts. 'What are the key things that Arrow has raised for you as participant/spouse?' Try to think broadly about joys, areas of growth, new insights, challenges, frustrations, difficulties.
3. Use the attached sheet. It is a worksheet with a range of suggested activities on it to help create a picture of what Arrow has meant so far. Instinctively you'll find some of the exercises easier than others. Some are also more serious, others more fun. The idea is this. You go off together and start filling in your own worksheet (for perhaps 15-30 minutes). Then chat through the sheets as a way of sharing thoughts, issues and so on.

We are aware that this may raise some big issues for some of you. If that is the case, please either begin to address them in your time together, recognising that they may take longer than the time allocated. Or alternatively you may decide to park them under the issues heading and return to them at a future time.