

My Spouse Is My Best Friend

Blended Family Reflection Worksheet

Use this worksheet to discuss, and intentionally build a strong blended family together.

Building a Strong Foundation as a Couple

- 1 How do we currently support each other as husband and wife?
- 2 What does a united front look like in our home?
- 3 What boundaries do we need to protect our marriage?
- 4 How can we better prioritize our relationship?



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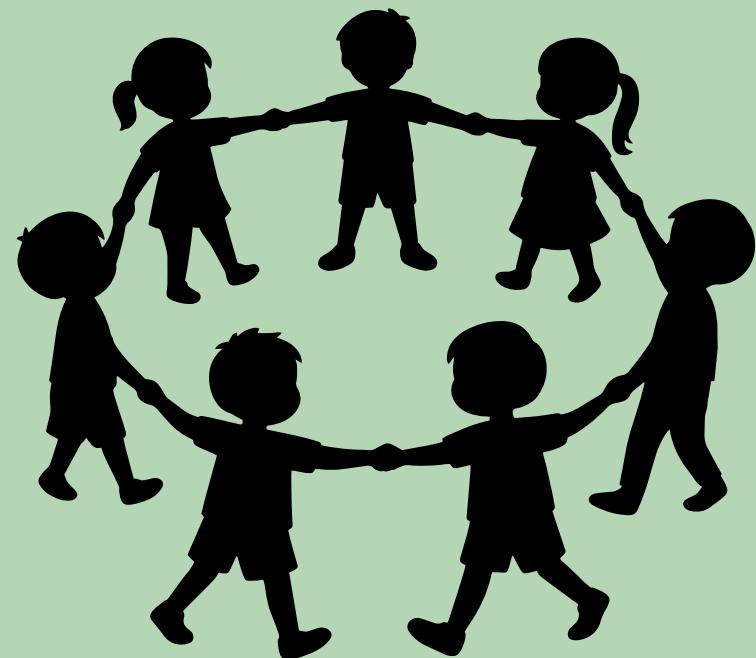
Creating Healthy Relationships with Children

1 What challenges are we facing with the children?

2 How can we build trust and connection?

3 Where do we need more patience?

4 How can we improve consistency in parenting?



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Navigating Ex-Partners & Extended Family

1 What communication challenges exist?

2 What boundaries need to be reinforced?

3 How can we protect our marriage from outside stress?

4 How can we approach holidays with unity?



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Building New Traditions & Family Identity

- 1 **What traditions do we want to keep?**
- 2 **What new traditions can we create?**
- 3 **What activities help us bond?**
- 4 **What do we want our family identity to reflect?**

