

# ***Is Your Style Stopping Communication?!***

(part of the Couples' Program)

by

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An easy way to understand how you and your partner interact with each other is to transfer your knowledge of household pets to your marriage. A *dog* comes when it is called, a *cat* tends to respond only if accompanied with the sound of a kitchen can opener.

Be mindful that the concept of Cat/Dog is a continuum – not a pigeon-hole. A practical way to identify what is meant by being cat-like and dog-like is to look at the following table.

Cat-like	mixture	Dog-like
Likes Tension		Likes Tranquility
Drawn to Risk		Drawn to Routines

Being cat-like or dog-like is a way of operating, often times called a *style*. However, having a tendency to be a cat or dog is not an *identity* – it is just how you tend to interact in a given context. Your styles are often influenced by the values you cherish. The following table offers several contexts. Want to do something fun? Have you and your partner fill out this table for each other – then share what you estimated yours and your partner's style was. Put your initial and your partner's initial on each row.

Arena	Extreme Dog (lab/retriever)	Dog	Mixture	Cat	Extreme Cat (Siamese)
Money					
Career					
Learning					
Spiritual					
Parenting					
Caring for parents					
Romance					
Fun					

Both Gail and I are dogs in the area of money, I am the romantic dog and she is romantic cat, I am mostly a career cat, and Gail is a retired dog.

***Enjoy dialoguing with your partner  
– have a sense of humor.***

***Want more – attend “To Love, to Honor, and to Negotiate.”***

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