

# 5 WAYS CURIOSITY IMPROVES YOUR MARRIAGE

## PART TWO

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Last week we shared the first three ways that curiosity can improve your marriage. To review, curiosity can:

1. **Help you resolve conflict.**
2. **Help you keep learning about each other.**
3. **Help you understand each other's perspective.**

Here are two more ways that curiosity improves your marriage, **IF** you invest a little time and effort to work on being more curious.

#### **4. It helps you have great conversations.**

Podcasts are all the rage right now. At the core of a good podcast is an inquisitive host who asks questions that elicit thoughtful answers to spur compelling conversation. Curiosity can do the same for you and your spouse!

Sure, there can be a sense of comfort and security in being able to sit in silence together, but that can't be all the time. Engaging in conversation, (*asking and answering good questions*) whether they're lighthearted and fun, deep and meaningful, or fiery and passionate, is a good way to stay connected over the course of time.

#### **5. It helps you gain more insight and self-awareness.**

Amid those great conversations, your partner is probably asking you questions that get you thinking and reflecting on your own feelings and behaviors. Their curiosity can lead you to learn more about yourself in ways you might not have otherwise.

When you start thinking about things through a lens other than your own, you have the opportunity to unlock new insights and levels of understanding about yourself, as well as how you show up in your marriage. And when you're both able to gain more self-awareness in this way, it helps you grow in your relationship together, too.

Curiosity has the power to transform crucial areas of your marriage – from how you handle disagreements to how you relate to each other day in and day out. With a little curiosity, you can gain a better understanding of your spouse and yourself.