

Table Talk

1. How happy have you been with the amount of conversation you share with one another about your work/day, etc.?
2. How does it feel when your spouse doesn't share about his/her day?
3. Agree on how much of the details are to be shared.
4. Agree on the type of communication that is to take place.
5. What does your emergency responder need at the end of shift? If he/she has had little to no sleep? After a bad call or series of bad calls? What do you as the non-emergency responder need?




Table Talk

1. What signs or symptoms have either of you noticed?
2. Is there anything that seems to be impacting the relationship?
3. Is there anything that the speaker discussed that the emergency responder wants to clarify, disagree with, or explain from his/her point of view?
4. How can you plan for/prevent symptoms from getting out of control in the future? How can the spouse be the support that the emergency responder needs?