

We often notice the difference between urgent and steady people as we travel through airports and flights get cancelled. As we line up to reschedule our flights, the steady people generally want to hear all of their options and then want time to think them over (often losing some options by the time they make a decision). The urgent people hate to wait and just want to get moving. They are usually on their cell phone attempting to make arrangements as they stand in line to talk with the airline representative at the counter. They will often reschedule a flight that isn't as direct as long as they are moving and "on the next plane out."

Time to Reflect

Pacing Activities: Urgent vs. Steady

You and your spouse should independently answer the following three questions then compare answers.

Note: Original purchasers of this book are permitted to photocopy or download the forms in this book for personal use only, not for distribution. All forms can be found and downloaded at www.SleepingWithYourBusinessPartner.com.

1. When you and your spouse are making decisions, which one of you acts with a more urgent pace and who takes a steadier course?

2. If you and your spouse have different styles in terms of pacing activity, identify what each of you can do to help the other when approaching action or decision-making situations.

3. How can you and your spouse use your styles of pacing activities to your advantage?

By now, you probably have some idea as to whether you are usually urgent or steady and whether your spouse is urgent or steady. As a couple, you should also be able to identify some actions that you can