Discussion Guide

The Counterintuitive

Approach to Getting

Everything You Want

from Your Relationship

Th

Khadeen & Devale Ellis

Hosts of the hit podcast DEAD A** WITH K & D

Discussion Questions

"We're not here to be your relationship gurus we want to inspire you to find the right answers in your relationship and create the love you want." —Khadeen & Devale Ellis



- 1. What were your thoughts about relationships before you read this book? Has your perception changed? What most resonated with you?
- 2. We Over Me suggests that, instead of focusing on what you can get, turn it around and declare, "This is what I am bringing to the relationship and this is why I could be of value to someone. I am looking to be a partner. I am looking to elevate. I am looking to grow. I'm looking to build a legacy with someone." What are you bringing to your current or next relationship?
- 3. The authors are very explicit about the fact that this is not your typical relationship book. They didn't set out to become relationship gurus or construct a perfect, shiny image of #CoupleGoals or #RelationshipGoals. What do you think was the reason behind this decision? Did you appreciate this departure from typical relationship self-help books?
- 4. Why does it help to see both authors' perspectives? In what ways are they and their stories relatable?
- 5. In this day and age of social media, influencers, and general distractions, do you think dating and relationships are more of a challenge?
- 6. We Over Me asks the difficult but important questions: How can you see your genuine care and affection for your partner when tensions are running high? What does it look like when you have to carry more of the load in your relationship for a period of time? Does my partner show up for me in the ways that I need them to? How would you answer them?
- 7. Khadeen's and Devale's stories about her first pregnancy are very deep, intimate, and personal. What can these moments teach us about hardships and relationships?



"You cannot measure your life and your relationship against what you see on social media. Make sure that your definition of happily ever after belongs to you." —Khadeen & Devale Ellis

- 8. The authors discuss the importance of family. But boundaries, especially when it comes to family, are also important. What boundaries have you set with your family? What boundaries do you need to set?
- 9. Khadeen and Devale say you have the power to break unhealthy family patterns and deal with intergenerational trauma instead of blindly passing it down to your kids. Are there any family patterns or dynamics that aren't serving you that you'd like to break?
- 10. How important is it for you to be friends with your partner? Why does friendship as a foundation help a relationship?
- 11. What do the authors say about communication in relationships? What stands in the way of good communication?
- 12. What kind of "work" do you think it takes for a relationship to go the distance?
- 13. What are the important conversations to have around sex and intimacy? What are some realistic expectations? What are some realistic solutions to meet challenges in the bedroom? Do you know your partner's love language? Do you know yours?
- 14. What advice or wisdom regarding being a parent most resonated with you?
- 15. One of the key breakthroughs that Khadeen and Devale had is that marriage is a whole system of reciprocity and choosing service over selfishness (i.e., putting "we" over "me") which has made their relationship stronger, and helped them to achieve their own personal goals and build a legacy together. Did this advice resonate with you or make you think differently about how you want to show up in your own relationship moving forward?

Journaling Prompts

If you're looking for a healthy relationship, start focusing on your partner. Ask your partner honestly what they need and what they desire in a relationship and then listen to their answers. Be open and honest about what you need and what you want. That is the best way to truly find out what a healthy relationship is—FOR YOU.

1. Write down what qualities you want in a partner and what you desire in a relationship. If you're currently in a relationship, invite your partner to do the same and compare notes:

2. Write down what qualities you currently bring to the table and what kind of a partner you want to be. If you're currently in a relationship, invite your partner to do the same and compare notes:

"We created our love based on our own rules." —Khadeen & Devale Ellis, *We Over Me*

