

Marriage MOT

Checking that things are running well is part of everyday life. We get our teeth checked and our cars MOT'd. We think it's equally important to check that our marriages are working well, that there's good communication and the right priorities in place. So this marriage review questionnaire as a kind of "Marriage MOT". We suggest that you and your partner get some time together where you can talk without being interrupted and review where your marriage is at (about every 6 months seems to work well). Needless to say, this isn't a time to score points off one another or discuss "why Christmas with the in-laws was a disaster". Rather, it's a time to constructively look at how things could work better.

It also makes sense to get wisdom from other couples from time to time. You may find it useful to get some time (perhaps twice a year) to talk with another couple that know you well and to whom you can ask the right kind of questions. This isn't "marriage counseling" but rather choosing to invest in your marriage so that it is the best it can be. The marriage review questionnaire may be a useful starting point.

Alternatively, if you would prefer, your small group leader could help you find a couple in the church who you'd feel comfortable talking to either together or 1-on-1.

The Questions

- **Time/ priorities**

1/ Does your wife/ husband feel like the most important person in your life?
If not what makes him/her feel otherwise?

2/ If anything were to compete for your time together what would it be?

- Work
- Children
- T.V.
- Church commitments
- Other

3/ How much time would you like to get together each week?

- Never
- 1 evening
- 2 evenings
- A whole day

Other (specify): _____

• **Fun**

1/ What recreational activities do you do together (watching TV doesn't count)?

2/ What recreational activities would you like to do together?

• **Communication**

1/ On a scale of 1-10 how would you rate your communication skills in marriage? (10 is excellent; 1 is where you can't remember your partner's name) .

a/ Starting conversations _____

b/ Sharing feelings not facts. _____

c/ Listening _____

2/ What time of the day is best for you to talk together? How can you guard this time?

• **Romance/ sex**

1/ Name 3 things your partner finds romantic.
e.g. letters, flowers, little presents, romantic walks, surprise Caribbean holidays...

2/ How many have you done in the last month? _____

I refuse to talk	Like me 1 2	3	Not like me 4 5
I throw crockery	Like me 1 2	3	Not like me 4 5
I bear grudges	Like me 1 2	3	Not like me 4 5

2/ What are your rules for resolving conflict? e.g:

- Never interrupt one another.
- Stick to one issue at a time.
- No shouting.
- Forgive and forget etc.
- Other (specify):_____

• **Change**

If your wife/ husband could change one thing about you, what would it be?