

# MARRIAGE MOT

## TIME / PRIORITIES

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

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

- Work
- Children
- T.V.
- Church commitments
- Other (specify): \_\_\_\_\_

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)?

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

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## 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?

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## ROMANCE / SEX

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

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

2. How many have you done in the last month? \_\_\_\_\_

3. How well do you think you are meeting your partner's physical needs in the following areas? (1 is bad - 5 is excellent)

- a. Affirming / affectionate touches / hugs \_\_\_\_\_
- b. Initiating lovemaking \_\_\_\_\_
- c. Meeting your partner's needs \_\_\_\_\_

## **SPIRITUAL GROWTH**

1. Does your relationship with God make your husband / wife feel secure?

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2. What aspect of your partner's relationship with God do you most respect?

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3. When would be the best time for you to pray together?

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## **MONEY**

1. Do you have any? \_\_\_\_\_

2. Do you spend it on the right things? \_\_\_\_\_

3. Does your partner feel comfortable with the way you handle finances?

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## CONFLICT RESOLUTION

1. Mark your conflict resolution on these scales (1 is like me and 5 is not like me).

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|--|---|---|---|---|---|
| a. I raise my voice                          | 1 | 2 | 3 | 4 | 5 |
| b. I bring in old chestnuts to defend myself | 1 | 2 | 3 | 4 | 5 |
| c. I tend to freeze out my opponent          | 1 | 2 | 3 | 4 | 5 |
| d. I refuse to talk                          | 1 | 2 | 3 | 4 | 5 |
| e. I throw crockery                          | 1 | 2 | 3 | 4 | 5 |
| f. I bear grudges                            | 1 | 2 | 3 | 4 | 5 |

2. What are your rules for resolving conflict?

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

## CHANGE

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

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