

Marriage Maintenance

10 Questions to Keep Us Strong

Hello there!

I'm so glad you have found this marriage resource! I hope you find it useful! Please share any feedback or success stories with me at chavonne@berelateable.com. I'd love to hear from you!!

Purpose:

The purpose of this check-in is to help each of you share your thoughts about how your marriage is going. This is not a time to point fingers and blame each other, but rather it's an opportunity to appreciate what's going well and to pay more attention to what could be improved. Each person should be prepared to hear from the other in an atmosphere of mutual love and respect.

If you feel that having an objective third party around would be helpful, please email me at chavonne@berelateable.com to schedule your free 30 minute Marriage Maintenance session.

Directions:

1. Each person spends a few minutes responding to the questions below, in private.
2. Set a specific date and time where you will come together to discuss your answers.
3. When you meet, one person goes first, answering the first question. While he/she is sharing, the other partner is listening fully, not interrupting, and not preparing to comment, downplay, or defend their own position on the question. This is a time to really hear each other without any judgement.
4. After the first person has answered the first question, the second person responds to that same question with their answers.
5. Each question should be answered by both people before moving on to the next question.
6. Some questions will ask you to set goals or make plans. As appropriate, keep discussing these questions until you come up with a goal or action that you both feel good about.

And now for the 10 questions...

1. What are the strongest areas of our marriage? (circle your top 3 and discuss)

Regular and open communication

Doing fun things together

Spending quality time alone together

Making decisions together

The amount of sexual intimacy

Sharing household/family responsibilities

Being honest with each other

Managing finances

Trusting each other

Addressing issues as they happen

Showing love to each other

Supporting each other in good and bad times

Being committed to spiritual growth

Other:

2. What's something we've accomplished that you are proud of?

3. What's one thing in our marriage we should pay more attention to? *(feel free to refer to list in question #1 or come up with your own)*

4. What's a specific goal we can work toward? What needs to change to make it possible?

5. What's one thing you can do to be a better partner?

6. What's one thing I can do to be a better partner?

7. What's something we used to do that you'd like to start doing again?

8. What's one thing we can do to make more time for each other?

9. What's something I do that makes you feel loved or appreciated?

This last question should be completed after you have discussed the previous questions together during your check-in. It serves as a summary and reflection for what you will commit to doing next.

10. Complete the following sentences

As a result of this conversation, I now understand that you...

To make our relationship as strong as it can be, I am committed to...

You can help me do this by...

Now thank each other for taking the time to have this discussion! It's not always easy to talk about these things, but the fact that you were willing to do so says a lot about your commitment to each other and to your marriage. Wishing you nothing but happiness and love in this next year!!

Remember, let me know how this worked for you! I'm waiting at chavonne@berelateable.com.