

Evaluate yourself on a scale of 0 – 10.

Ten means you really excelled in that trait and zero means you did poorly.

\_\_\_\_\_ 1. I genuinely seek to find harmony with my spouse by asking questions, listening & sharing my thoughts and feelings until we reach an agreement.

\_\_\_\_\_ 2. I am sympathetic and understanding when my spouse is trying to share something with me.

\_\_\_\_\_ 3. I regularly seek to say and do things I feel will encourage my spouse.

\_\_\_\_\_ 4. I normally put the interest of my spouse above my own interest.

\_\_\_\_\_ 5. I treat my spouse kindly and courteously in private and public.

\_\_\_\_\_ 6. I do not repay evil for evil or retaliate with insults when my spouse does or say something hurtful to me.

\_\_\_\_\_ 7. When my spouse has hurt or wronged me, I try to say or do something positive for my spouse.

\_\_\_\_\_ 8. I control my speech so that I will not say things that are deceitful or damaging to my spouse.

\_\_\_\_\_ 9. I consciously say no to the evil thoughts that sometimes cross my mind and seek to do something good instead.

\_\_\_\_\_ 10. I am pursuing peace or intimate oneness with my spouse as one of my major goals in life.

Acknowledge which deeds needed prove me and work on those areas.

Set a target date and work towards it.

# HOMEWORK (Optional, but valuable!):

Spouse



Each person answers the questions below on your own, then discuss them with your spouse:

Favorite foods and/or restaurants....

1. \_\_\_\_\_ 2. \_\_\_\_\_

Favorite trips together....

\_\_\_\_\_

Favorite things to do on weekends....

\_\_\_\_\_

What are your favorite activities to do:

• With spouse: \_\_\_\_\_

• By yourself: \_\_\_\_\_

Tip: Offer your spouse time to do something they really enjoy by themselves (you can even offer to take over the completion of a mundane task they are doing so that they can take a break).

What are your favorite memories with your spouse: \_\_\_\_\_

\_\_\_\_\_

What do you want in life? What are your dreams? \_\_\_\_\_

\_\_\_\_\_

Note: These are fun questions to discuss on an ongoing basis! (they can also add some enjoyment during long periods in the car, on walks, etc)

## Now, make a plan to:

- Do **more activities like the ones you enjoy above** as often as possible, or
- Begin **planning new activities** similar to these, or
- Simply pull out **photos of these experiences** periodically & **enjoy them**

(framing photos from your favorite memories and placing them in popular areas in your home is a great way to remember these fun experiences together)



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# Where Could A Small Amount of Additional Focus Make Things Better?

As the final part of this exercise, take a moment to **review the entire list of love needs** & identify areas, if any, where you think **additional focus from your spouse could help further strengthen your marriage** (it's **important** to **maintain a spirit of love & kindness** in this exercise)... **This is not a complaint session**, this is simply an exercise to help each of us understand where we can focus our efforts to better serve our spouse & further strengthen our marriage.

You may also **include areas** where your spouse may **inadvertently** or **unknowingly** hurt your feelings... sometimes just helping them understand this can improve your marriage dramatically.

**Areas where a small amount of additional focus from my spouse could help further strengthen our marriage:**

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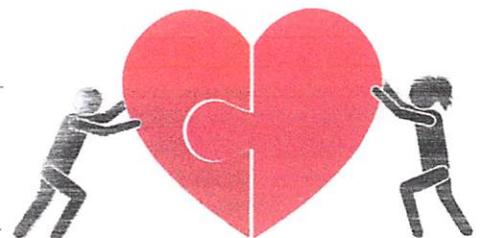
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**When each of you has finished**, get together & share your answers on **page 4**, then focus most of your time on your **answers in the right column on page 7 & bottom of page 8 (above)**.

*Recommendation: Write-down on the next page what you learn & set recurring reminders on your phone to act on it!*