The Bonding Solution

Questionnaires for individuals to examine themselves and the relationship with their spouses



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Things To Do For Married Couples

1. **Go On A Date Each Week.** The date must last no less than one hour and no more than three hours. Go walking, a restaurant, shell picking, etc. Whatever you do, both must agree that it constitutes a romantic date. A date is not a time to visit grandma, relatives or friends or church social. Occasionally, couples can go on dates together, but it must a joint agreement.

2. Buy these books:

- [] His Needs Her Needs By Dr. Willard Harley (Available at any Christian book store)
- [] Empowering Couples By Dr. David Olsen (Only available at the Adventist Book Center)
- [] The Five Languages of Love (Available at any Christian book store)
- [] Sheet Music (Available at any Christian book store)
- [] Fall in Love Stay in Love By Dr Willard Harley) (Available at any Christian book store)

3. Watch the Videos:

- [] "**Preacher's Wife**" Staring Denzel Washington and Wintney Houston. Order/Rent from SuperVideo or purchase online.
- [] "**A Vow to Cherish**" Available at any local Christian book store in VHS or DVD format. Watch these videos together and discuss freely and non-judgmentally how the principles acted out may apply to your relationship.
- [] "Fire Proof" A great 2008 movie about making your marriage "fire proof" (Fire Proof is about unfaithfulness)

4. Permanent Features in Your Marriage:

- Have a date night once a week.
- Kiss for a least 5 to 20 seconds each day.
- Make one compliment about your spouse every day.
- Show appreciation to your spouse at least once every day.
- Hug each other at least twice a day.
- Have daily family/couple devotion,
- Dance together occasionally in your home.
- Spend time having fun together at least once a week.

5. Brennen's Seven Basic Ingredients for a Healthy Marriage

- 1. Humility. Willingness to adjust. A teachable spirit. Lead together.
- 2. Knowing and understanding each other's needs and know how to meet them.
- 3. Effective communication and good conflict resolution skills.
- 4. Listening with the heart and not just with the head.
- 5. Commitment to a non-judgmental attitude
- 6. Being a committed spouse, each other's intimate friend, lover and sweetheart.
- 7. Having a harmonious couple financial plan.

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Marital Performance Spouse Check List (MPSCL)

[] Husband [] Wife

Circle the number that best describes your spouse's performance in the marriage.

1	2	3	4	5	6	7	8	9	10
Not a go	od spous	e		Oł	kay Spous	se		Great	spouse

Answer for following questions by writing the appropriate number in the blank: 1 = Always 2 = Sometimes 3 = Occasionally 4 = Never

- 1. ____ My spouse schedules his/her work week to spend quality time with me.
- 2. ____ My spouse makes it a point to spend at least fifteen minutes each day connecting and sharing with me (not including sex or sleep time) regardless how busy he/she may be.
- 3. ____ On the weekends (or non work periods) my spouse places our relationship at top priority by spending time and doing things together.
- 4. ____ My spouse makes it a point to passionately kiss me for about five to twenty seconds each day.
- 5. When we both arrive home at the end of the work-day my spouse makes it his/her goal to greet me warmly.
- 6. ____ My spouse does all he/she can to satisfy me sexually and as often as I need it.
- 7. ____ I complain about my spouse's sexual performance.
- 8. _____ My spouse watches pornographic material on the internet, television, or videos.
- 9. ____ I'm suspicious or concerned about my spouse's use of pornography.
- 10. ____ My spouse believes that viewing pornographic material is okay.
- 11. _____ My spouse makes it a point to be in bed the same time with me at least twice a week.
- 12. ____ My spouse avoids staying up very late at nights watching TV while am asleep.
- 13. ____ My spouse avoids going places where he/she cannot share with me.
- 14. ____ My spouse feels threatened when I ask "where have you been honey?"
- 15. ____ My spouse avoids sharing our marital challenges or problems with his/her parents or other family member or friends.
- 16. ____ My spouse listens to kinds of music that I do not appreciate, thus creating discord between us.
- 17. ____ My spouse flirts with other women/men.
- 18. ____ My spouse refuses to agree with you the he/she is flirting
- 19. ____ My spouse had an affair and I am concerned he/she will have another
- 20. ____ My spouse uses illegal drugs of which I do not appreciate.
- 21. ____ My spouse has an ugly temper that frightens me.
- 22. ____ My spouse drinks alcohol to the point that affects our relationship.
- 23. _____ My spouse stays out late at nights at night clubs or bars, or with friends and family and thinks nothing about it.
- 24. ____ My spouse values my opinions and ideas and shows respect even when they are in disagreement with his/her.
- 25. ____ My spouse say "thank you" or "I appreciate that" and similar phrases.
- 26. ____ My spouse and I have weekly scheduled dates or romantic times together.
- 27. ____ My spouse is honest about his/her use of money.
- 28. ____ My spouse involves other people in our personal finances by asking them for money without my knowledge.
- 29. ____ My spouse places our marriage first, even before the children, relatives, and career.
- 30. ____ My spouse thinks I am a valuable person, equal to him/her in the ability to think and make decisions.
- 31. ____ My spouse enjoys holding hands with me in public.
- 32. ____ My spouse makes an effort to sit with me in church or other public meetings.
- 33. ____ My spouse is comfortable sharing leadership of our home with me.
- 34. ____ My spouse talks so I will listen and listens so I will talk.
- 35. ____ My spouse works together with me in planning the couple/family budget.
- 36. ____ I know my spouse's total income, even the income from odd jobs.
- 37. ____ My spouse is often very critical of me.
- 38. _____My spouse feels very close to me.
- 39. ____ My spouse finds it very difficult to ask me for what he/she wants.
- 40. _____ My spouse uses words or phrases that hurt me.

Marital Performance Personal Check List (MPPCL)

[] Husband [] Wife

Circle the number that best describes your performance in your marriage.

1	2	3	4	5	6	7	8	9	10
Not a go	od spous	se		0	kay Spou	ise		Grea	t spouse

Answer for following questions by writing the appropriate number in the blank: 1 = Always 2 = Sometimes 3 = Never

- 1. _____ I schedule my work week to spend quality time with my partner.
- 2. ____ I make it a point to spend at least fifteen minutes each day connecting and sharing with my partner (not including sex or sleep time) regardless how busy am I.
- 3. ____ On the weekends (or non work periods) I place my partner at top priority by spending time and doing things together.
- 4. ____ I make it a point to passionately kiss my spouse for about five to twenty seconds each day.
- 5. ____ When we both arrive home at the end of the workday I make it my goal to greet my partner warmly.
- 6. ____ I do all I can to satisfy my spouse sexually and as often as he/she needs it.
- 7. ____ My partner complains about my sexual performance.
- 8. _____ I watch pornographic material on the internet, television, or videos.
- 9. ____ My spouse is concerned about my use of pornography.
- 10. _____ It is my opinion that watching pornography is okay for a spouse or couples.
- 11. _____ I make it a point to be in bed the same time with my spouse at least twice a week.
- 12. ____ I avoid staying up very late at nights watching TV while my spouse is asleep.
- 13. ____ I avoid going places where I cannot share with my spouse.
- 14. ____ I do feel threatened when my spouse asks me "where have you been honey?"
- 15. ____ I avoid sharing our marital challenges or problems with my parents or other family member or friends.
- 16. ____ I value my spouse's opinions and ideas and show respect even when they are in disagreement with mine.
- 17. ____ I flirt with other women/men.
- 18. ____ My spouse accuses me or thinks that I am flirting
- 19. ____ I had an affair and my spouse is concerned I will have another
- 20. ____ I listen to kinds of music that my spouse does not appreciate.
- 21. ____ I uses illegal drugs of which my spouse does not appreciate
- 22. ____ I have an ugly temper that frightens my spouses
- 23. ____ I drink alcohol to the point that affects our relationship.
- 24. ____ I stay out late at nights at night clubs or bars, or with friends think nothing about it.
- 25. ____ I tell my spouse "thank you" or "I appreciate that" and similar phrases as often as I can.
- 26. ____ My spouse and I have weekly scheduled dates or romantic times together.
- 27. ____ My spouse comes first in my life, even before the children, relatives, and career.
- 28. ____ I am honest about my use of money.
- 29. _____ I involve other people in our personal finances by asking them for money without my spouse's knowledge.
- 30. ____ I respect my spouse's opinions and ideas.
- 31. ____ I enjoy holding hand with my spouse in public.
- 32. ____ I make an effort to sit with my spouse in church or other public meetings.
- 33. ____ I enjoy sharing the leadership of our home with my spouse.
- 34. ____ I talk so my spouse will listen and listen so my spouse will talk.
- 35. ____ I work together with my spouse in planning the couple/family budget.
- 36. ____ My spouse knows what is my total income, even from odd jobs.
- 37. ____ I find myself more often than not being very critical of my spouse.
- 38. ____ I feel very close to my spouse.
- 39. ____ I find it very difficult to ask my spouse for what I want.
- 40. _____ I use words or phrases that hurt my spouse.

One-A-Day Reviving Full Prescription

Marriage and Family Counseling Services

DATING ASSIGNMENT
Go On A Date This Week. The date must last no less than one hour and no more than three hours. Do not go driving nor to the theater. Go walking, window shopping, shell picking, amusement park, nature hike, restaurant, etc. You must leave the home for this assignment A date once a week (in or outside the home) should be a regular practice in your relationship.
 VIDEO WATCHING ASSIGNMENT
[] Preacher's Wife [] A Vow to Cherish [] Fire Proof [] Why Did I Get Married
TALKING ASSIGNMENT
 [] Make one compliment about each other every day this week [] When you meet at the end day talk together for five minutes about the day's activities [] Say "I love you" every morning this week. [] Call each other at work
KISSING ASSIGNMENT
Kiss every morning for 15 seconds must initiate the kissing.
HUGGING ASSIGNMENT
Hug each other every morning this week when you first see each other standing on your feet.
SEX ASSIGNMENT
Engage in full sexual activities times this week will initiate the sex
CUDDLING ASSIGNMENT
will initiate cuddling you spouse tonight with the last one on
Name Date Date
Name will initiate cuddling you spouse with the last one on
Name Date Date
 Cuddle no longer that fifteen minutes. You may kiss during cuddling for no more than 20 second. Cuddling is not having sex. Do not sexually arouse you spouse. If you do get sexually aroused, do not engage in sex at that time. Plan at a another time for sexual fulfillment. Cuddling is simply holding or embracing each other, lying close to each other, etc.

J DANCING ASSIGNMENT

Dance together (privately in your home only)_____ time this week for no longer than the length of one song. _____ will initiate the dancing. Dance while holding each other closely.

PRAYING ASSIGNMENT

Pray together (without the children) every day beginning today______. will be the first one to pray each time this week. Both individuals must pray short prayers. Leave out praying for the country, prime minster or family members during this time. Pray for each other and the relationship. Pray for God's wisdom, guidance and healing in the relationship.

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Marriage Questionnaire

Select one of the numbers below to answer each question.

1. Always 2. Most of the Time 3. Sometimes 4. Very Rarely 5. Never

- 1. Do you make your spouse feel good about himself/herself?
- 2. Do you value the same things in your spouse that you value in yourself? _____
- 3. Does your face spontaneously break into a smile when you see your spouse? ____
- 4. When you leave home, does your spouse have a sense of well-being, having been nourished by your company? _____
- 5. Can you and your spouse tell each other honestly what you really want instead of using manipulation or games? _____
- 6. Can your spouse get angry at you with your thinking less of him/her?
- 7. Can you accept your spouse as she/he is instead of having several plans to redo him/her? _____
- 8. Do your actions show you really care for your spouse? _____
- 9. Do you enjoy introducing your spouse to your friends or acquaintances?
- 10. Are you able to share with your spouse your moments of weakness, failure, disappointment? _____
- 11. Would your spouse say you are a good listener? ____
- 12. Do you trust your spouse to solve his/her own problems? _
- 13. Do you admit to your spouse you have problems and need his/her comfort? _____
- 14. Do you encourage your spouse to develop his/her full potential? _____
- 15. Do you believe that you could live a full and happy life without your spouse? _____
- 16. Are you able to learn from your spouse and value what she/he says? ____
- 17. If your spouse would die tomorrow, would you be very happy you had a chance to meet him/her and to marry him/her? _____
- 18. Does your spouse feel she's/he's more important than anyone or anything else in your life?
- 19. Do you believe you know at least five of your spouse's major needs and how to meet those needs in a skillful way? _____
- 20. Do you know what your spouse needs when he's/she's under stress or when he's/she's discouraged?
- 21. When you offend your spouse, do you usually admit you were wrong and seek his/her forgiveness?
- 22. Would your spouse say you praise him/her at least once a day? _____
- 23. Would your spouse say you are open to his/her corrections?
- 24. Would your spouse say you are a protector, that you know what his/her limitations are as a man/woman? _____
- 25. Would your spouse say you enjoy being with him/her and sharing many of life's experiences with him/her? _____
- 26. Would your spouse say you are a good example of what you would like him/her to be?
- 27. Would your spouse say you create interest in her/him when you share things you consider important?

If you answered 1 or 2 to 10 or less of the questions, then your relationship is in a major need of overhaul.

If you answered 1 or 2 to 11 to 19 of the questions, then your relationship needs improvement.

If you answered 1 or 2 to 20 or more of the questions, then you're probably on your way to a good, lasting relationships.

Adopted from the book "If Only He Knew" by Dr. Gary Smalley.

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Examine Your Life/Relationship

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First Name_____

RANK YOUR MARRIAGE

Circle "O" the number the best describes the health of your marriage over that past two years.

Then put a square "□" around the number that indicates at least what you would like your marriage to be like.

!	!	!	!	!	!	!	!	!	!
1 Very, very,	2	3 poor	4	5 Mediocre	6	7 _{Okay}	8	9 _{Good}	10 Excellent

Rank Your Needs In Marriage

1 =	Most Important	10 = Least Im	nportant	
Your Needs			Your Spot	ıse's Needs
	Affe	ection		
	Conve	ersation		
	Family Co	ommitment		
	Financia	l Support		
	Domesti	c Support		
	Sexual F	Fulfilment		
	Recreationa	l Companio	n	
	Honesty ar	nd Openness		
	Attractivene	ss of a Spou	se	
	Adm	iration		

(Based on the book "His Needs, Her Needs" by Dr. Willard Harley)

RANK YOUR NEEDS AS A SINGLE ADULT

To be filled by single adults only

- ___ Companionship
- ____ Intimacy
- ____ Positive Self Concept
- ____ Financial Independence
- ____ Inclusion (involvement in community/church)

THE SEVEN BASIC INGREDIENTS FOR A HEALTHY MARRIAGE

- 1. Humility. Willingness to adjust. A teachable spirit. Lead together.
- 2. Knowing and understanding each other's needs and know how to meet them.
- 3. Effective communication and good conflict resolution skills.
- 4. Listening with the heart and not just with the head.
- 5. Commitment to a non-judgmental attitude
- 6. Being a committed spouse, each other's intimate friend, lover and sweetheart.
- 7. Having a harmonious couple financial plan.