

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.

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

Rank Your Needs In Marriage

1 = Most Important 10 = Least Important

Your Needs

Affection
Conversation
Family Commitment
Financial Support
Domestic Support
Sexual Fulfilment
Recreational Companion
Honesty and Openness
Attractiveness of a Spouse
Admiration

Your Spouse's Needs

(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.