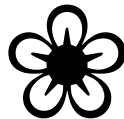


The

Bonding Solution

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



Written and Developed by
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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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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

_____ will initiate cuddling you spouse _____ with the last one on _____
Name Date Date

Name

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.

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.

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.

Presented by Barrington H. Brennen, Marriage and Family Therapist: www.soencouragement.org

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 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.
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