

# One-A-Day Reviving Full Prescription

Brennen Therapy Forms

**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  
[ ] Hope Springs [ ] Brennen Videos [ ] Why Did I Get Married  
www.soencouragement.org

**TALKING ASSIGNMENT**

[ ] Make one general 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 10 seconds. \_\_\_\_\_ must initiate the kissing.

**HUGGING ASSIGNMENT**

Hug each other for 20 seconds every morning this week when you first see each other standing on your feet for 20 seconds.

**DO THE BRENNEN HUGGLING SESSION** as explained on the online video "Making the best out of marriage"

**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 than 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.

Make one daily-specific-compliment to your spouse before going to bed. The compliment is relevant to that day.

**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.