Marriage Discussion Assignments

Questions asked by husband

1) Do you enjoy being home all day (or being at a job all day), or is it somewhat boring for you? Would you like to get out more--away from the children?

2) Do you like being married? What is one thing I could do to make things easier for you, to make you happier?

3) What is one way I could improve as a father--from your perspective?

4) Do you think I am too rough in disciplining the children (or too passive)?

5) What is an example of a need you have in the marriage that I am not meeting?

6) Do you feel close to my family? Is it awkward for you to be around any of my family?

7) Do you think I help with the house chores very often? Enough? What could I do to lighten your load in our home?

8) How do you feel about our intimate relations? What can I do to improve your satisfaction in that area?

9) Am I too demanding about sex in our marriage? Would you enjoy sex less often or more often?

10) What is most frustrating about motherhood? In what ways could I help you in your role as mother?

11) If we had a weekend off together--where would you like to go?

12) Do you think our children like our home? Do they readily bring their friends home? Are they proud of us?

13) When you really feel down, can you come to me with a problem? Do you feel that I am understanding and patient in listening and helping?

14) Do you have thoughts or feelings that you find difficult to share with me?
15) Do you feel comfortable leaving the children with me when you need to be out? Do you think I take good care of the house when you are gone?

16) Is it comfortable for you to be around my parents, brothers, and sisters?

17) Do you feel that I spend too much time at church or work, and too little time with the family? Do you think my priorities are out of whack?

18) Do you ever notice that I have bad breath or dandruff?

Questions asked by the wife

1) Do you look forward to coming home from work to our home? Is it always messed up when you come in?

2) Do you like the way our home is decorated? What one thing could I do to make it more cozy and enjoyable?

3) Do you think I use money wisely in managing my share of our expenses? Does it seem to you that I spend money on non-essential items?

4) Do you see me as too permissive or too harsh with the children?

5) Do I meet your needs as a wife? What is one thing that I could do to make your life easier, happier, or more fun?

6) Do you enjoy being a father? In what ways could I help you more?

7) Do you like the food I prepare? Is there something you’d like me to have more often around the house to snack on-- or a favorite food?

8) Would you like me initiate intimacy more often or less often?

9) Do you like the way I dress, act, and look in public? at home? Do I wear too much makeup or not enough? Do you like my perfume?

10) Am I supporting you in your church assignments? Do you like me to encourage you or do you see it as nagging?

11) Do you feel comfortable in sharing your real thoughts and feelings with me? Can you risk with me? Do I interrupt you when you are talking?
12) If I didn’t feel like being intimate on a particular occasion when you did—how could I let you know without your misunderstanding? I need to communicate that I am not rejecting you—sometimes I simply don’t feel like being intimate.

**Improving personal communication**

Every evening prior to bedtime, please take one of the topics below and spend at least 15 minutes discussing it together. Try to relax with each other and be genuine in your feelings and the way you share.

1) When I first knew that I loved you and wanted to marry you...

2) How I feel about myself—my own strengths and weaknesses...

3) Things that make me feel happy—activities that I really enjoy doing with you.

4) An outstanding trait that I think you have developed in our marriage.

5) The best part of being married to you from my point of view is...

6) Where I got my attitudes about money/debt/spending.

7) What trait I like in other people that I would most like to have...

8) One area that I need some help in improving in my own role...

9) How I feel our children are doing in various areas of their lives...

10) What I dislike and like about my own appearance...

11) What time in my life was the most growth producing...

12) If I could be (20)(30)(40)(50) again, knowing what I know I would...