

Is Your Marriage Primed For Romance

- (1) Answer the following true false questions.
1. We enjoy doing small things together, like folding laundry or watching TV. T or F
 2. I look forward to spending my free time with my partner. T or F
 3. At the end of the day my partner is glad to see me. T or F
 4. My partner is usually interested in hearing my views. T or F
 5. I really enjoy discussing things with my partner. T or F
 6. My partner is one of my best friends. T or F
 7. I think my partner would consider me a very close friend. T or F
 8. We just love talking to each other. T or F
 9. When we go out together, the time goes very quickly. T or F
 10. We always have a lot to say to each other. T or F
 11. We have a lot of fun together. T or F
 12. We are spiritually very compatible. T or F
 13. We tend to share the same basic values. T or F
 14. We like to spend time together in similar ways T or F
 15. We really have a lot of common interests. T or F
 16. We have many of the same dreams and goals. T or F
 17. We like to do a lot of the same things. T or F
 18. Even though our interests are somewhat different, I enjoy my partner's interests. T or F
 19. Whatever we do together, we usually tend to have a good time. T or F
 20. My partner tells me when he or she has had a bad day. T or F
- (2) 10 and above is good. 10 and below shows improvement is needed.

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).

The Emotional Bank Account

- (1) Keeping an account in your head of how much you're connecting with your spouse emotionally in little ways can greatly benefit your marriage. But for some couples it sometimes helps them get started by keeping track on paper. Be careful not to turn this into a competition or a quid pro quo. The focus is to see how you can improve your relationship not what your partner is not doing.
- (2) Below is a list of things that couples can do together. Circle three things that you wish your partner would do with you.
 1. Reunite at the end of the day and talk about how it went.
 2. Shop for groceries.
 3. Cook dinner/bake.
 4. Clean house/do laundry
 5. Shop together for gifts or clothes.
 6. Go out for brunch or dinner.
 7. Read the morning paper
 8. Help each other with a self-improvement plan (i.e. exercise)
 9. Plan and host a dinner party
 10. Call and/or think about each other during the workday.
 11. Pray together
 12. Eat breakfast together during the workweek.
 13. Go to a church
 14. Do yard work, shovel the walk, do home repairs, car maintenance, and washing.
 15. Perform committee work in the community (volunteering).
 16. Exercise together
 17. Go on a weekend outing.
 18. Alone time together.
 19. Go to the museum, zoo, etc.
 20. Attend a class together.
 21. Stay in touch with/spend time with kin (parents, siblings, etc.)
 22. Entertain out of town guests.
 23. Travel together.
 24. Watch TV or a video
 25. Order take out
 26. Double-date with friends.
 27. Attend a sporting event
 28. Engage in a favorite activity (bowling, amusement park, bicycle, hike, jog, horse back riding, etc.)
 29. Talk or read together by an open fire.
 30. Listen to music
 31. Go dancing or attend a concert, nightclub, jazz club, or theater.
 32. Host a birthday party
 33. Take up a new hobby together

34. Attend a play or recital together
35. Pay bills
36. Write letters or cards.
37. Deal with medical records
38. Volunteer together
39. Go to a community event

40. Go to a party
41. Drive to and from work together
42. Celebrate each other family's milestones
43. Celebrate each other's life milestones.
44. Play computer games together
45. Watch a niece or a nephew together.
46. Plan a vacation together
47. Plan your future together.
48. Walk the dog
49. Read out loud together.

50. Play a board game together
51. Put on a play or a skit together.
52. Do errands together
53. Engage in hobbies together
54. Talk stuff over drinks (alcohol or coffee or tea)
55. Find time to just talk without interruptions.
56. Philosophize
57. Discuss the other people in your lives
58. Attend a funeral
59. Help out other people

60. Hunt for a new house or apartment.
61. Test-drive new cars.
62. Other _____

- (3) Now share your top three choices with each other. Remember that this exercise is designed to flatter your partner by making him or her feel wanted.

Gottman, John and Nan Silver: **The Seven Principles For Making Marriage Work: A Practical Guide From the Country's Foremost Relationship Expert** (New York: Three Rivers Press, 1999).