

Appendix B

Practical Stuff—Quantifying and Calibrating

Enriching your marriage



Worksheets intended for use with “I Do or I Don’t”

The following material has been prepared as a series of appendix checklists and is intended to guide you in your own checkup. You may or may not want to write your answers in the spaces provided. This kind of self check may be something you could consider pursuing periodically throughout your marriage.

Marriage is a gift from God and we are a gift to one another. How much do you treasure your gift? How valuable are you as a gift to your spouse?

You are gifted for marital intimacy. God created men and women for intimate marriages. Marital intimacy is a oneness—a closeness, communion or unity—between a man and a woman who have committed themselves to each other until death parts them.

Share the same worksheet as you do this exercise.

Background Worksheet (1)
(You and your spouse should print and complete separate worksheets
and then compare your notes with each other.)

Marital intimacy will be established in a Christian marriage as the couple follows God's model for intimacy. Reflect on your marriage and then:

Write down two significant events in your marriage:

1. _____
2. _____

List two words you would use to describe yourself:

1. _____
2. _____

List two words you would use to describe your spouse:

1. _____
2. _____

Suggest two reasons why you married your spouse:

1. _____
2. _____

Mention two goals you would like to work on in your marriage:

1. _____
2. _____

List two expectations you had when you were first married:

1. _____

2. _____

Marital intimacy begins at a heightened level when a couple is first married. If couples do not diligently work at being and doing all they should, each stage in married life may bring further and unexpected challenges to the different levels of intimacy.

On our first date, we...

While dating, we had the most fun doing...

I was attracted to my mate by...

My spouse was attracted to me by...

Considering Some Details

When you were first married, you brought into your relationship many preconceived ideas and expectations. These were as a result of the influence of your parents' marriage or from your observations of other married adults. You also had some dreams and hopes which you anticipated enjoying as your relationship matured. However, there are some expectations which are never fulfilled because they are not addressed or ever realized.

Consider the following itemized needs for men and women, and write your definition for each related term: (Be sure not to write any "textbook clichés," but honestly evaluate and list your personal definitions of these desires.)

Use the two separate worksheets for the following exercise.

Intimacy: Worksheet for Husbands (2a)

Sexual Fulfillment

Recreational Companionship

Attractive Spouse

Domestic Support

Admiration

Intimacy: Worksheet for Wives (2b)

As you define each category, according to your perspectives, be honest and specific, for you are writing your needs for the benefit of your spouse who will seek to meet these. If you are honest, and the needs are met, intimacy will be achieved or enriched.

Affection

Conversation

Honesty/Openness

Financial Support

Family Commitment

Worksheet: Considering Our Intimacy (3) (use two worksheets here, one each)

Print an extra worksheet for this exercise, one each. Fill out this worksheet separately from your spouse. Consider the questions carefully, and personalize each response according to you how you perceive the situation. Once you have finalized your answer, discuss these responses with your spouse.

How you experience intimacy now

When it comes to conversational intimacy, the way I see our relationship is...

- We say a lot but reveal little of our real selves.
- We reveal our real selves, but we don't say very much.
- We say a lot and reveal a lot of our real selves.
- We say little and reveal little of our real selves.

When it comes to sharing with you what I am really thinking, feeling, wanting, or not wanting...

- I keep well hidden.
- I reveal as much as I feel safe to share.
- I am willing to be vulnerable to you.

Some ways I avoid intimacy when we are getting uncomfortably close are...

- I laugh or crack a joke.
- I shrug it off and act as if it doesn't matter.
- I act confused—like I don't know what is going on.
- I get angry or huffy because I am feeling vulnerable.
- I look angry so that you can't see into me too closely.
- I get overly talkative.
- I get analytical—hiding behind a wall of intellectualizing.
- I change the subject so I won't have to deal with it.
- I act strong, together, above-it-all.
- I don't avoid intimacy.

From the list above, some ways I see you avoid intimacy when we are getting close are:

The reason I avoid intimacy in this way is:

The effect of your avoiding intimacy in this way is:

I would be willing to... (add words in the spaces below) in order to build intimacy.

Romance is an important matter and not an easy term to define. It will be considered in more detail in the following worksheet. To get your thinking going, write your definition of romance:

HUSBAND: To me, romance is:

WIFE: To me, romance is:

Now, compare your definitions with each other!

Thinking about Romance

The term “romance” gives couples a lot of trouble. This is usually because both spouses are seeking to satisfy differing definitions. As a result, needs go unfulfilled in this respect. They are each in pursuit of something different, though they give it the same label. They believe their partner to be in agreement of the same definition while they are seeking to fulfill a different one altogether.

The term “romance” does not occur in the Bible, but the concept does. When God saw that Adam was alone, He chose to create another human being to occupy that emotional void. He decided to create a responder, someone suitable for him or a help meet—appropriate—for him (Genesis 2:18).

After God completed Eve’s creation, Adam was both excited and satisfied (Genesis 2:23) as he was now whole and could feel complete.

Notice verse 24, as he was now to be one flesh, and should, therefore, find his oneness fulfilled in his married partner, and no one else.

Complete the next worksheets, individually at first, and then comparing your responses. After your discussion, you may both need to change your answers.

Romance Evaluation: Worksheet for the Wife (4a)

When it comes to romance in our relationship, the way I see it is (check as many of the following as you consider appropriate):

- Our life together is one long romantic “high.”
 - We are romantic now, but I think we are growing out of it.
 - We have a romantic side to our relationship that we can turn on whenever we want.
 - Maybe someday we will have time and energy for romance.
 - Romance is for the young.
 - We have a sensible, solid relationship. Who needs romance?
 - We have more important things to do than think about romance.
 - What is romance?
 - Other (explain)
-

When it comes to romance:

- I am romantic while you are practical and realistic.
 - I am practical and realistic while you are romantic.
 - We each are romantic in our own way.
 - Neither of us has a romantic bone in our body.
 - Other (explain)
-

What sometimes gets in the way of my being romantic with you is:

- I get too critical of you.
- You seem too critical of me.
- I carry too many resentments from the past.
- I am preoccupied with more practical concerns.
- I am afraid you will reject me or put me down if I get romantic.
- I need you to get romantic first; I respond rather than initiate.
- I don't believe that I am really special to you.
- Other (explain)

Reflecting on the romance in our relationship, what I appreciate is:

When it comes to romance, some ways I would like it to grow are:

A romantic experience I would like us to have is:

What I would like to do about the romantic experience is:

Romance Evaluation: Worksheet for the Husband (4b)

When it comes to romance in our relationship, the way I see it is (check as many of the following as you consider appropriate):

- Our life together is one long romantic “high.”
 - We are romantic now, but I think we are growing out of it.
 - We have a romantic side to our relationship that we can turn on whenever we want.
 - Maybe someday we will have time and energy for romance.
 - Romance is for the young.
 - We have a sensible, solid relationship. Who needs romance?
 - We have more important things to do than think about romance.
 - What is romance?
 - Other (explain)
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When it comes to romance:

- I am romantic while you are practical and realistic.
 - I am practical and realistic while you are romantic.
 - We each are romantic in our own way.
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Reflecting on the romance in our relationship, what I appreciate is:

When it comes to romance, some ways I would like it to grow are:

A romantic experience I would like us to have is:

What I would like to do about the romantic experience is:

Worksheet Checklist (5a)

Ways, as a Husband, to Express Love to Your Wife

- Function as the loving leader in your home.
- Frequently tell your wife “I love you.”
- Lead family devotions regularly.
- Smile and be cheerful when coming home.
- Help your wife do the dishes.
- Care for the children so she has some free time.
- Do something fun at least once a week.
- Sit close to your wife.
- Write love notes or letters.
- Let her know you appreciate her.
- Seek to set a good example before the children.
- Talk about her favorably in front of the children.
- Brag about her good points.
- Maintain your own spiritual life.
- Make plans prayerfully and carefully.
- Ask her advice when you have problems or decisions.
- Follow her advice.
- Have a realistic, biblical, positive attitude toward life.
- Plan a mini-honeymoon.
- Buy gifts for her—have a “Happy Love Day.”
- Remember anniversaries and other special events.
- Run errands for your wife cheerfully.
- Give your wife your undivided attention.
- Get up at night to take care of the children.
- Plan vacations and trips along with your wife.
- Keep yourself attractive and clean.
- Ask your wife to pray with you about something.
- Refuse to disagree with her in the presence of others.
- Refuse to compare her unfavorably with other people.
- Be polite and courteous as if you were dating.
- Be helpful when your wife is not feeling well.
- Be on time.
- Prepare breakfast and let her sleep in.
- Put the children to bed at night.
- Encourage your wife to pursue her interests.

Worksheet Checklist (5b)

Ways, as a Wife, to Express Love to Your Husband

- Greet him at the door when he comes home.
- Let him know you like to be with him.
- Be willing to talk to him about his concerns.
- Support him.
- Tease and flirt with him as if you were dating.
- Sit close to him.
- Hold his hand.
- Express your love in words or notes.
- Enthusiastically cooperate with him.
- Maintain your own spiritual life.
- Ask him for his advice.
- Be ready to leave the house at the appointed time.
- Thank him in creative ways for his attempts to please you.
- Buy gifts for him.
- Watch sporting events with him.
- Keep the house neat and clean.
- Cook creatively and faithfully.
- Have devotions with the family when he is not home.
- Maintain discipline with the children at all times.
- Be appreciative and cooperative.
- Offer constructive suggestions.
- Run errands cheerfully.
- Seek to complete, not to compete with him.
- Be honest with him.
- Be willing to see things from his point of view.
- Refuse to nag.
- Share your fears, concerns, joys, and failures.
- Refuse to disagree with him in the presence of others.
- Desire to keep your family memorabilia.
- Brag to others about your husband.
- Be in full agreement with your husband.
- Keep in touch with family and friends.
- Keep yourself attractive and clean.
- Invite other people in for dinner and fellowship.
- Be satisfied with your present standard of living.

Budgeting with Care (6)

Together with your spouse, consider the budget worksheet below. Suggest ways in which you may be better stewards of what God allows you to earn, and how you may be more generous to Him and to others as you disburse what He has entrusted to you.

INCOME

Gross Income per Month	_____
Salary	_____
Interest/Dividends	_____
Other incomes	_____
Less	
Tithe	_____
Tax	_____
Net Disposable Income	_____

EXPENDITURE

Total Expenses per Month _____

Housing _____

 Mortgage/Rent _____

 Utilities _____

 Maintenance _____

 Other _____

Food _____

Automobile _____

 Payment _____

 Maintenance _____

 License/Taxes _____

Insurances _____

 Life _____

 Medical _____

Debts _____

Credit Cards

Loans/Notes

Entertainment/Recreation

Vacation

Other

Clothing

Savings

Medical Expenses

Doctor

Dentist

Prescriptions

Miscellaneous

Subscriptions

Gifts _____

Other _____

School/Tuition/Child Care _____

Investments _____

Total Expenses _____

Income versus Expenses

Net Spendable Income _____

Less Expenses _____

Surplus/Deficit _____