

COMPANIONSHIP

(adapted from *Strengthening Your Marriage* by Wayne Mack)



This worksheet is to help you practically determine exactly where you are successful as companions and where you are in need of some changes. After reading each question listed, rate yourself from 1-10 (10 meaning very satisfied). Both husband and wife should each have their own copy to work on. When complete, compare your answers with your spouse.

A. Spiritual issues.

- Do you pray with your spouse about the personal issues in your life?
- Do you pray with your spouse about your marriage on a regular basis?
- Do you go to church and sit with one another on a weekly basis?
- Do you talk about the things you have learned from the sermon later that day?
- Do you talk over the things you are learning in your personal reading of Scripture or of a book about the Bible?
- Do you serve others together? As Sunday School teachers? Edifying others? Giving of your time to help others in practical ways?

B. Communication issues.

- Do you talk over your day with one another when you gather together in the evening?
- Do you freely share your opinions and ideas with your spouse?
- Do you regularly give encouragement and can you also receive it from your spouse?
- Do you plan future actions and make decisions together?
- Do you share your hopes, fears, hurts, and goals with one another?

- Do you have any mutual recreation that you do together where you communicate? Walking, biking, gym, etc.
- Do you go shopping together and enjoy just being together?
- Do you daily verbalize your love to your spouse?
- Do you do chores around the house together?
- Do you write cards or love notes to one another?

C. Emotional issues.

- Do you share your deepest emotions with one another?
- Do you give and receive emotional support to and from one another?
- Do you have the freedom to laugh and cry with one another?
- Do you accept your emotional differences?

D. Physical and sexual issues.

- Do you give thoughtful gifts periodically to your spouse just to say “I love you?”
- Do you take thoughtful actions just to say “I love you?”
- Do you serve your mate when your help is requested?
- Do you, in a non-sexual way, touch and hold one another on a daily basis?
- Do you approach each other regularly for sexual relations and are your advances received favorably?
- Do you express real affection while engaged in sexual relations, or is it just a physical act with little emotion?