

Monday Marriage Minute

Session 4: Friendship as Foundation Handouts

Activity 1: Twenty Questions Game. Play this game in a spirit of laughter and fun. Use it to test your knowledge of your partner or to learn some new things about your partner.

1. Name two of my closest friends.
2. What is my favorite musical group, composer or instrument?
3. What was I wearing when we first met?
4. Name one of my hobbies.
5. Where was I born?
6. What stresses am I facing right now?
7. Describe in detail what I did today or yesterday.
8. When is my birthday?
9. What is the date of our anniversary?
10. Who is my favorite relative?
11. What is my fondest unrealised dream?
12. What passage in the Bible is most meaningful to me?
13. What is one of my greatest fears or disaster scenarios?
14. What is my favorite time of day for lovemaking?
15. What makes me feel most competent?
16. What turns me on sexually?
17. What is my favorite meal?
18. What is my favorite way to spend an evening?
19. What is my favorite color?
20. What personal improvements do I want to make in my life?
21. What kind of present would I like best?
22. What was one of my best childhood experiences?
23. What was my favorite vacation?
24. What is one of my favorite ways to be soothed?
25. Who is my greatest source of support (other than you)?
26. What is my favorite form of prayer?
27. What do I most like to do with my time off?
28. What is one of my favorite weekend activities?
29. What is my favorite getaway place?
30. What is my favorite movie?
31. What are some of the most important events coming up in my life?
32. What are some of my favorite ways to work out?

33. Who was my best friend in childhood?
34. What is one of my favorite magazines?
35. Name one of my major rivals or "enemies."
36. What would I consider my ideal job?
37. What is my favorite spiritual book or author?
38. Who is my least favorite relative?
39. What is my favorite holiday?
40. What kinds of books do I most like to read?
41. What is my favorite TV show?
42. Which side of the bed do I prefer?
43. What am I most sad about?
44. Name one of my current worries.
45. What medical problems am I most concerned about?
46. What is my most embarrassing moment?
47. What was my worst childhood experience?
48. Name to people I really admire?
49. Who had the most influence on me spiritually?
50. Of all the people we know, who do I like the least?
51. What is one of my favorite desserts?
52. What is my social security number?
53. Name one of my favorite novels.
54. What is my favorite restaurant?
55. What are two of my aspirations, hopes, or wishes?
56. Do I have a secret ambition? What is it?
57. What foods do I hate?
58. What is my favorite animal?
59. What is my favorite song?
60. What is my favorite sport?

Integrative Exercise:

After the “Twenty Questions Game” choose some information that you either answered correctly or just learned about your spouse and think of something you might do for your partner that would turn that knowledge into an act of love, e.g. you know that your spouse likes Italian food, so you could plan to prepare an Italian dinner.

1. What ideas do you have?
2. Share your ideas with your partner. Would this idea be meaningful to your partner?
What would make it more meaningful?

Activity 2: “I Appreciate” Checklist. This exercise is to help you refocus on some of the positive aspects of our partner’s personality. Read over the list below and check off three words that you would use to characterize your partner, even a little bit.

- | | | |
|---------------------------------------|---------------------------------------|----------------------------------------|
| <input type="checkbox"/> Loving | <input type="checkbox"/> Cheerful | <input type="checkbox"/> Virile |
| <input type="checkbox"/> Sensitive | <input type="checkbox"/> Coordinated | <input type="checkbox"/> Kind |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Graceful | <input type="checkbox"/> Gentle |
| <input type="checkbox"/> Intelligent | <input type="checkbox"/> Faith-filled | <input type="checkbox"/> Practical |
| <input type="checkbox"/> Thoughtful | <input type="checkbox"/> Gracious | <input type="checkbox"/> Lusty |
| <input type="checkbox"/> Generous | <input type="checkbox"/> Playful | <input type="checkbox"/> Witty |
| <input type="checkbox"/> Loal | <input type="checkbox"/> Caring | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Truthful | <input type="checkbox"/> Friend | <input type="checkbox"/> Beautiful |
| <input type="checkbox"/> Strong | <input type="checkbox"/> Devout | <input type="checkbox"/> Handsome |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Thrifty | <input type="checkbox"/> Prayerful |
| <input type="checkbox"/> Sexy | <input type="checkbox"/> Planner | <input type="checkbox"/> Calm |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Committed | <input type="checkbox"/> Lively |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Involved | <input type="checkbox"/> Good parent |
| <input type="checkbox"/> Imaginative | <input type="checkbox"/> Expressive | <input type="checkbox"/> Assertive |
| <input type="checkbox"/> Fun | <input type="checkbox"/> Active | <input type="checkbox"/> Protective |
| <input type="checkbox"/> Attractive | <input type="checkbox"/> Careful | <input type="checkbox"/> Sweet |
| <input type="checkbox"/> Principled | <input type="checkbox"/> Reserved | <input type="checkbox"/> Tender |
| <input type="checkbox"/> Supportive | <input type="checkbox"/> Adventurous | <input type="checkbox"/> Powerful |
| <input type="checkbox"/> Funny | <input type="checkbox"/> Receptive | <input type="checkbox"/> Flexible |
| <input type="checkbox"/> Considerate | <input type="checkbox"/> Reliable | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Affectionate | <input type="checkbox"/> Responsible | <input type="checkbox"/> Totally silly |
| <input type="checkbox"/> Organized | <input type="checkbox"/> Dependable | <input type="checkbox"/> Shy |
| <input type="checkbox"/> Resourceful | <input type="checkbox"/> Nurturing | <input type="checkbox"/> Vulnerable |
| <input type="checkbox"/> Athletic | <input type="checkbox"/> Warm | |

For each item, think of an actual incident that really happened that illustrates this characteristic in your partner. Share the characteristics and the stories with your partner.

Activity 3: “Talk Show” Interview. Deepening the marital friendship means knowing more than just some facts about your partner’s life. To help that process of knowing each other in depth, interview each other as though you were a “talk show” host interviewing a celebrity. Take turns asking questions and attempt to be as open as possible with one another. You will probably need more than one session to go through all the questions.

Triumphs & Strivings

1. What has happened in your life that you are particularly proud of?
2. How have these successes affected the way you think about yourself and your capabilities?
3. What role has pride (feeling proud, being praised, expressing praise for others) playing in your life?

Injuries & Healings

1. What difficult events or periods have you gone through?
2. How have you survived those events or periods?
3. What lasting effects have these events had on you?
4. How did you get stronger? How did you heal?

Emotions

1. How did your family express emotions (anger, sadness, fear, affection, joy, etc.) when you were a child?
2. During your childhood, did your family have to cope with a particular

emotional problem, such as:

aggression between parents, a depressed parent, an angry child, etc.?

3. Are there any particular feelings that are difficult for you to express? Do you know why these are difficult?

Mission & Legacy

1. How do you want others to remember you?
2. What purpose do you see for your life?
3. What legacy would you like to leave when you die?
4. What significant goals do you have yet to realize?

Who I Want to Become

1. Describe the person you want to become.
2. What struggles do you have to face in becoming that person?
3. What dreams have you denied yourself or failed to develop?
4. What do you want your life to be like in 5 years?