

Monthly Marriage Meeting

Meeting guidelines:

- Print 2 copies of this sheet. Each spouse fills out his or her sheet completely and then they verbally discuss their responses together.
- The meeting should be scheduled on a set day each month and put on both partner's calendars. (e.g., the 1st Sunday of each month at 7pm). If that day has to be missed for an important reason, the first available day possible should be substituted. The meeting should also be rescheduled if either partner is extremely tired, sick or irritated.
- If your relationship is having major issues then you may need to have the meeting more frequently than once a month (once a week or twice a month).
- Only the two of you must meet, unless a trained counselor is present. No kids, friends or relatives!
- Start the meeting with prayer while holding hands if you believe in the power of prayer.
- Turn your cell phones on silent and minimize all other distractions.
- Keep the conversation friendly, practicing Active Listening. Don't curse, don't interrupt, don't blame the other person, keep your voice volume and tone calm and only state the way actions make you feel.

A) Rate your relationship in the following 5 areas:

1. Communication: Excellent Very Good Good Fair Poor
 2. Sex/Intimacy: Excellent Very Good Good Fair Poor
 3. Money Management: Excellent Very Good Good Fair Poor
- *Skip the next 2 ratings (#4 and #5) if this is your first marriage meeting*
4. *How did you do on the one area you chose to improve last month (item C below)?
 Excellent Very Good Good Fair Poor
 5. *How was your spouse's effort in their area of improvement for last month (item D below)?
 Excellent Very Good Good Fair Poor

B) List three things you appreciate most about your spouse:

- 1.
- 2.
- 3.

C) What one relationship area do you think you most need to improve and what actions will you take to do so over the next month?

D) What one relationship area, if your spouse improved on, would make you the most difference?

E) List two things that your spouse did over the last month that made you feel happier, loved or appreciated:

- 1.
- 2.