

Share Affection & Appreciation

DIRECTIONS: Consider the positive personality adjectives below. Circle words that fit your spouse.

1. Personally reflect on this positive attribute by considering specific examples of this trait in your spouse.
2. Thank God for this trait in your spouse.
3. Show appreciation to your spouse for exhibiting this trait. Use specificity where possible.

A-E	E-J	J-R	R-Z
adaptable	efficient	joyous	romantic
adorable	elated	lucky	sedate
agreeable	eminent	kind	seemly
alert	enchanting	kind-hearted	selective
alluring	encouraging	knowledgeable	self-assured
ambitious	energetic	level	sensitive
amused	entertaining	likeable	shrewed
boundless	enthusiastic	lively	silly
brave	excellent	lovely	sincere
bright	excited	loving	skillful
calm	exclusive	mature	successful
capable	exuberant	modern	smiling
charming	fabulous	nice	splendid
cheerful	fair	obedient	steadfast
coherent	faithful	painstaking	stimulating
comfortable	fantastic	peaceful	succinct
confident	fearless	perfect	talented
cooperative	fine	placid	thoughtful
courageous	frank	plausible	thrifty
credible	friendly	pleasant	tough
cultured	funny	plucky	trustworthy
dashing	generous	productive	unusual
debonair	glorious	proud	upbeat
decisive	good	punctual	vigorous
decorous	happy	quiet	vivacious
delightful	harmonious	receptive	warm
detailed	helpful	reflective	willing
determined	hilarious	relieved	wise
diligent	honorable	resolute	witty
discreet	impartial	responsible	wonderful
dynamic	industrious	rhetorical	zany
eager	instinctive	righteous	zealous
endurable	jolly		

Be A Student

DIRECTIONS: Use these questions to further know your spouse.

Possible Questions:

- What is your favorite quote from the last month?
 - What caused you to laugh the hardest in the last month?
 - What book or author most influenced you? Why?
 - Who is your favorite relative? Why?
 - To which family member were you closest as a child?
 - What career choice appealed to you as a child?
 - What caused you private sorrow recently?
 - What was the most dramatic event in your childhood or youth?
 - What achievements have brought you the greatest satisfaction?
 - What are your three favorite leisure activities?
 - If you could fix something by snapping your fingers, what would that be right now?
 - What do you consider your most attractive and unattractive physical features?
 - What has been the biggest disappointment in your life?
 - Do you have any regrets at this point in your life? Share one or two.
 - What were the major turning points in your life?
 - What do you consider your major successes?
 - What major goals do you have?
 - What do you look forward to next week? Next year?
 - Share some “mountain-top” experiences you’ve had with Christ.
 - Describe your relationship with the Lord currently. Where can I help you grow?
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Turn Towards

DIRECTIONS: Bids can take many forms. In short, they get us out of a “me” world and into a “we” world. What follows are stems for making a bid. How might you finish the stem and connect with your spouse?

Share their interest:

- I think _____ is cool too.

Share amusement:

- I found _____ to be so humorous today.

Share activity:

- Want to _____ with me?

Share a cause:

- I agree that _____ is important.

Share history:

- Remember when _____.

Share ownership:

- What are we going to do about our _____?

Share hurts:

- _____ makes me sad.

Share joy:

- _____ makes me happy.

Share prayer:

- Will you pray with me about _____?

