

Marriage Resolution Questionnaire

Instructions: Print 2 copies, each person rate each question from 1-10. 10 being that you feel that area of your relationship is perfect.

Answer each of the questions alone and then go over each question as a couple. Add up your points and pick the area you feel you need to work on the most in your relationship this next year. Set some goals together to help you in that specific area.

Emotional Connection

1. You feel emotionally close to your spouse.
2. You can talk about anything with your spouse.
3. When you argue as a couple, you both show respect and love with your words.
4. You know your spouses' love language(s).
5. You verbally express your love to your spouse often.
6. Your spouse tells you they love you often.
7. You feel appreciated in your relationship and your spouse does too.
8. You both listen to each other and feel completely heard.

The Importance of Touch

1. You often cuddle when you're relaxing together or watching TV.
2. You hold hands often in public or in the car.
3. My spouse knows where I like to be massaged when I am stressed.
4. My spouse knows how I feel about physical touch.
5. I like to touch my spouse.
6. I feel that touch is important in our marriage.
7. My spouse will still give me loving physical touch when they are upset.
8. We connect with physical touch after an argument.

Spiritual Unity

1. We have balanced spiritual goals in our marriage.
2. We worship together often.
3. We pray for each other and each other's needs.
4. We prioritize God and family as a couple.
5. We both believe that moral values are important in marriage.
6. Our spiritual life is one of the most important things to both of us.
7. I can talk openly about spiritual experiences with my spouse.
8. My spouse can talk openly to me about spiritual matters.

Sexual Intimacy and Foreplay

1. We have found a healthy sexual balance in our marriage.
2. We can openly discuss our sexual needs with each other.
3. I feel desired by my spouse.
4. I can go to my spouse with sexual desires and know they will listen to me.
5. My spouse can tell me their desires and I will listen.
6. We both anticipate love making even if our sex drives are different.
7. We make time for love making often and prioritize it in our marriage.
8. Our sexual intimacy is fun, healthy, comfortable, and passionate.

Financial Goals

1. We are on the same page with our current finances.
2. We work together as a team on financial goals.
3. I contribute to helping save for the future.
4. We communicate regularly about our finances.
5. We have the same beliefs and values when it comes to money.
6. We can talk openly about spending and saving.
7. We handle financial disagreements with love and respect.
8. We have monthly conversations about budget and spending.

Communication

1. We have intimate conversations often in our marriage.
2. We talk daily for at least 20-30 minutes.
3. I feel like my opinions are valued and respected in our marriage.
4. We can have conversations about anything in our marriage.
5. My spouse loves to talk to me and have deep conversations.
6. We look forward to date night so we can just sit and talk.
7. I am a good listener in my marriage.
8. My spouse is a good listener in our marriage.

Intimate Friendship & Flirting

1. We prioritize date night in our marriage.
2. We look forward to being together.
3. We like to try new things together.
4. I still have tons of fun when I am with my spouse.
5. My spouse flirts with me during the week when we are away from each other.
6. We send flirty texts to each other throughout the week.
7. We have hobbies that we both enjoy doing together.
8. I would pick hanging out with my spouse over my friends.

Now add up your scores and decide which area of marriage you need to work on most as a couple.

The importance of each area plus goal setting ideas below:

Emotional Connection: We all have emotional needs in our relationship. We all want to be loved and we all want to give love. It is important to know what you need personally and what your spouse needs from you. In a healthy marriage relationship, both of you understand the other's primary emotional needs and you both work to respond to them because you not only love your spouse but respect them also. Sharing your needs with each other is also very important. Some goals you could set in this area:

1. Take 20 minutes at the end of each day minimum talking about your day, the good parts and lows of the day. Ask your spouse what you can do to make their day better.
2. Go through all topics on the conversation starters on the Ultimate Intimacy App. Ultimateintimacy.com. Learn more about each other in all topics.
3. Make a goal to say "I love you" at least once each day. Set a reminder in your phone if you need to until it becomes habit. Then make the goal to say it every time they leave the house.

The Importance of Touch: Even if your love language is not "touch" we all crave touch as humans. Touch is a physical need for everyone. The amount we need or the kind of touch we need varies from person to person. Knowing what kind of touch your spouse needs is vital to your marriage. Touch keeps us feeling valued and desired in a relationship. If you feel like the touch aspect of your marriage is low, here are a couple goals you could set together:

1. At least one night a week, snuggle up on the couch and watch a show. Make sure to cuddle each other.
2. Hold hands everywhere you go for 2 weeks and see if it becomes genuine and natural. Hold hands in the car, the movies, on a walk or when shopping.
3. Get in bed 30 minutes early at least 2 times a week. Touch each other. Massage each other. This does not need to be sexual. Enjoy making each other feel good with your hands.

Spiritual Unity: It is important to have spiritual unity. It doesn't always mean that you need to have the same religion, or worship the same amount, it means that you respect each other when it comes to spiritual aspects, and you can talk about them with openness and love. You can pray with or for each other and share experiences with each other. It is important in marriage to have the same values and goals or at least respect one another's goals. Some goals you could make if you are suffering in this area:

1. Pray together. Set time each night to pray. Pray for each other and for your marriage.
2. Write a list of your values and spiritual goals as a family. Discuss how you can help your spouse and how they can help you.
3. Share a spiritual experience with your spouse and let them share one with you. If you don't have any to share, then make effort to put yourself in more spiritual places so you can experience some.

Sexual Intimacy and Foreplay: Sex is a very, very important way to express your love and desire for your spouse. It literally is glue to keep you together and if you don't have this "glue" your relationship can start to turn into friendship only or worse "roommate syndrome." Even if you have different sex drives, it is important to find a healthy balance in your marriage to maintain a close physical connection. Make sure you talk to each other openly about all the things in your life that interfere with sex and find a way to keep that sexual intimacy and passion alive in your relationship. If you are struggling in this area, here are some goals to set that might be useful:

1. Jumpstart your sex life with the 7 days sex challenge.
2. Make a goal of at least once, or twice a week to be intimate for one month. Make sure to go to bed early so you have time for foreplay.
3. Play the Ultimate Intimacy Bedroom game on the app, the romance and foreplay section. See if you can find that spark again and have the hard conversations with each other on sexual intimacy.

Financial Goals: Finances can be the biggest cause for divorce, that is how important it is to be on the same page in this area. Communication about your finances is key. As a couple, you need to be on the same page about your financial goals and how you are going to reach them together. If you are struggling with finances in your marriage, here are a couple goals that could help:

1. Go over a budget for the next year. Make a plan together where you can cut costs, how much you want to save and how you can pay off any debt. Set smaller monthly goals and even weekly if needed. Be transparent in your conversation.
2. Create a jar together and set a goal to put a certain amount in it each week. See how much you can save over the next year together.

3. Make a bucket list of places you would like to go or see together. Figure out how you can make it work in your budget and work towards it together.

Communication: Too often married couples get into the habit of not discussing necessary topics related to household chores, raising kids, and dealing with finances or sex. Daily routine in life starts to get in the way of having those deep intimate conversations you had at the beginning of your marriage. Now is time to prioritize the conversations that are key to maintaining a healthy and happy relationship. Some goals you can try to help with communication are:

1. Go through the conversation starters on the Ultimate Intimacy app over the next week when you have free time. Take the time to dive deep into the conversation topics that you feel you need work in or need to grow closer together.
2. Make plans to go on a date night every other week at the least or have date night at home and make sure to talk and ask each other questions.
3. Climb in bed at least 20 minutes early each night and have quality pillow talk.

Intimate Friendship & Flirting: Victor Borge states “Laughter is the shortest distance between two people. If you want to become more emotionally intimate with your spouse, look for ways to laugh together.” Having a strong marriage begins with having a deep friendship. Laughter is key with this, along with fun, hobbies, and spending time together. Enjoying marriage is enjoying each other. If you are suffering in the friendship area of marriage... Here are some good goals you could make:

1. Take up a new hobby or interest this year that you both find exciting and want to learn together. Pick something that will bring you closer together and that you will spend more time together doing.
2. Make a goal to flirt more, text each other once a day with a flirty comment, compliment or try grabbing each other’s bottom when you pass by. Leave your spouse love notes once a week or text your spouse during the week that you want to be intimate with them.
3. Set a day each week where you can just go on a walk together or a hike. Being outside is a great way to get away without distractions and enjoy each other and nature. It is a great way to have long conversations together and reconnect. Don’t forget to hold hands as often as possible.