

ULTIMATE *intimacy*® **Marriage Audit**

Before diving into your Marriage Audit, it's crucial to set boundaries that foster honesty, kindness, and respect. This conversation isn't about blaming or criticizing—it's about deepening your understanding of each other and strengthening your marriage. Choose a time when you're both relaxed and free from distractions, ensuring that emotions aren't running high. Approach the discussion with an open heart, ready to truly listen—not just to respond, but to understand. Your spouse's feelings and opinions matter, even if they differ from your own. Creating a safe space where both of you feel heard and valued will allow for deeper connection and meaningful growth. When handled with love and care, a Marriage Audit can be a powerful tool to bring you closer together and create lasting intimacy.

Connection & Appreciation

What do you wish I did more of?
What makes you feel most loved by me?
Do you feel seen, valued, and appreciated in our marriage?
Is there anything I do that makes you feel unimportant?
When do you feel most emotionally connected to me?

Emotional & Physical Intimacy

Are there any unmet needs you have that I'm unaware of?
Is there something I do that unintentionally hurts you?
How do you feel about our communication lately?
What's one thing we can work on together to strengthen our marriage?
Do you feel emotionally and physically desired by me?

Dating & Romance

Do you feel we prioritize dating and one-on-one time?
What is something romantic I've done that meant a lot to you?
How can I make you feel more pursued and cherished?
What is one way we can bring more fun and excitement into our marriage?
If we had unlimited time together, what would be your ideal date?

Home Responsibilities & Daily Life

Do you feel we share household responsibilities fairly?
Are there any daily tasks that feel overwhelming or unbalanced to you?
How can I better support you in your daily life?
What's one small change we could make to create more peace in our home?

Parenting & Family Life (If applicable)

Do you feel like we're parenting as a team?
Are we setting a good example of love and respect for our kids?
What's one way we can strengthen our bond as parents?
How can we create more family time that feels meaningful?
Is there a parenting challenge you feel alone in?

Love Languages & Affection

Do you feel like I express love in the way you need?
How can I better show love in your love language?
Are there any small acts of affection you'd like more of?
Do you feel comfortable asking for affection or physical touch when you need it?

Sexual & Intimate Life

How satisfied are you with our current level of intimacy?
Do you feel desired and wanted in our marriage?
What's one thing I could do to make intimacy even better for you?
Is there anything that makes you feel disconnected before or during intimacy?
How can we make our intimate life a bigger priority?

ULTIMATE *intimacy*® **Marriage Audit**

Future Goals & Growth

Do you feel like we're on the same page about our future?

What's a dream or goal we can work toward together?

What's one habit or routine we can build to strengthen our connection?

What's one thing I can pray for you about this week?

Action Plan

Key Areas for Improvement:

(Write down specific concerns or needs shared by your spouse)

Steps We Will Take Together:

(Outline 2-3 actionable steps to address concerns and strengthen your marriage)

Follow-Up Plan: _____

Date for follow-up: _____

How we will track our progress: _____

Download the Ultimate Intimacy App for FREE at
ultimateintimacy.com for hundreds of conversation starters,
expert resources on marriage topics,
intimate games and so much more!