ULTIMATE

intimacy® weekly marriage meeting

Appreciation

Build admiration, the #1 predictor of desire.

Each of you shares 1–3 things you genuinely appreciated about the other this week:

Spouse 1: _____

Spouse 2: _____

Questions to ask each other: (rotate one each week or ask all 3)

- Name something your spouse did this week that made you feel loved or supported.
- Name a moment when you felt appreciated or valued by your spouse.
- Share one small thing your spouse did that meant a lot to you.

Emotional Check-In

Feeling emotionally seen makes physical closeness feel natural.

Each of you shares your highs, lows, stress, and wins:

Spouse 1: _____

Spouse 2: _____

Questions to ask each other:

- How are you feeling emotionally right now?
- What was the hardest part of your week? What was the best part of your week?
- What was a win or highlight for you?

Logistics & Teamwork

Calendars, chores, money, kids: get the boring stuff out of the way.

Each of you shares where you need help or support, and what's working well:

Spouse 1: _____

Spouse 2: _____

Questions to ask each other:

- What do we need to coordinate or decide for the coming week?
- Is there anything you're feeling overwhelmed by that the other can help with?
- Where did our teamwork feel strong, or could it improve, this week?

Reconnection

Bring up small tensions before they grow. Use curiosity, not attacks.

Each of you shares small things that might need resolution to feel close again:

Spouse 1: _____

Spouse 2: _____

Questions to ask each other:

- Is there anything small that's been bothering you this week?
- Did something your spouse do this week hurt your feelings or cause tension?
- What would help you feel resolved and close again?

Affection & Intimacy Check-In
Talk openly about physical touch, sexual intimacy, and closeness.
Each of you shares what felt good, what was missing, and what you're craving:
Spouse 1: _____
Spouse 2: _____

- How connected did you feel physically to your spouse this week?
- What kind of affection or intimacy felt best to you?
- Is there something you've been missing or wanting more of?

Desire Check-In
The passion fuel
Each of you shares flirtations, fantasies, or moments that made you feel attracted this week:
Spouse 1: _____
Spouse 2: _____

- When did you feel most attracted to your spouse this week?
- Is there a fantasy, idea, or curiosity you'd like to explore together?
- What helps your desire grow right now?

Fun & Planning
Plan something enjoyable together: dates, adventures, or playful moments.
Each of you shares ideas for fun and meaningful quality time together:
Spouse 1: _____
Spouse 2: _____

- What would feel fun or exciting for us right now?
- Is there something new we could try together?
- How can we intentionally make time for enjoyment this week?
- Can we plan a date night for this week either out of the house or at home?

End Meeting:
One major goal you want to accomplish for this week:
Spouse 1: _____
Spouse 2: _____

- How do you want to reconnect before we end?
- What intention do you want to carry into the coming week together?
- Should we end with a prayer or a form of affection?

helpful resources:

Ultimate Intimacy App

A bundle of conversation starters, love quiz, 200+ non-graphic positions, and an a 4 level sexy intimate game! (created with Marriage Experts!) Designed to help couples spark connection, deepen intimacy, and spice up their marriage!
Click icon to download Ultimate Intimacy App

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Uandl App

Monthly Subscription for couples who want to grow together consistently. Features a date-night year timeline, daily/month challenges, and the Harmony Home tool to help couples communicate daily mental load!
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