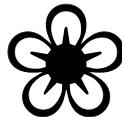


*The*  
**Bonding  
Solution**

Questionnaires for individuals to examine  
themselves and the relationship with their spouses



Written and Developed by  
**Barrington Brennen, MA, NCP**  
*Marriage and Family Therapist  
Nationally Certified Psychologist (USA)  
Counseling Psychologist*

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# Things To Do

## *For Married Couples*

1. **Go On A Date Each Week.** The date must last no less than one hour and no more than three hours. Go walking, a restaurant, shell picking, etc. Whatever you do, both must agree that it constitutes a romantic date. A date is not a time to visit grandma, relatives or friends or church social. Occasionally, couples can go on dates together, but it must a joint agreement.
2. **Buy these books:**
  - [ ] *His Needs Her Needs* By Dr. Willard Harley (Available at any Christian book store)
  - [ ] *Empowering Couples* By Dr. David Olsen (Only available at the Adventist Book Center)
  - [ ] *The Five Languages of Love* (Available at any Christian book store)
  - [ ] *Sheet Music* (Available at any Christian book store)
  - [ ] *Fall in Love Stay in Love* By Dr Willard Harley) (Available at any Christian book store)
3. **Watch the Videos:**
  - [ ] **"Preacher's Wife"** Staring Denzel Washington and Wintney Houston. Order/Rent from SuperVideo or purchase online.
  - [ ] **"A Vow to Cherish"** Available at any local Christian book store in VHS or DVD format. Watch these videos together and discuss freely and non-judgmentally how the principles acted out may apply to your relationship.
  - [ ] **"Fire Proof"** A great 2008 movie about making your marriage "fire proof" (Fire Proof is about unfaithfulness)
4. **Permanent Features in Your Marriage:**
  - Have a date night once a week.
  - Kiss for a least 5 to 20 seconds each day.
  - Make one compliment about your spouse every day.
  - Show appreciation to your spouse at least once every day.
  - Hug each other at least twice a day.
  - Have daily family/couple devotion,
  - Dance together occasionally in your home.
  - Spend time having fun together at least once a week.
5. **Brennen's Seven Basic Ingredients for a Healthy Marriage**
  1. Humility. Willingness to adjust. A teachable spirit. Lead together.
  2. Knowing and understanding each other's needs and know how to meet them.
  3. Effective communication and good conflict resolution skills.
  4. Listening with the heart and not just with the head.
  5. Commitment to a non-judgmental attitude
  6. Being a committed spouse, each other's intimate friend, lover and sweetheart.
  7. Having a harmonious couple financial plan.

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Barrington H. Brennen, MA, NCP

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242- 323 8772 Home 242- 361 6355 Day Office





# One-A-Day Reviving Full Prescription

## Marriage and Family Counseling Services

**DATING ASSIGNMENT**

Go On A Date This Week. The date must last no less than one hour and no more than three hours. Do not go driving nor to the theater. Go walking, window shopping, shell picking, amusement park, nature hike, restaurant, etc. You must leave the home for this assignment. A date once a week (in or outside the home) should be a regular practice in your relationship.

**VIDEO WATCHING ASSIGNMENT**

[ ] Preacher's Wife [ ] A Vow to Cherish [ ] Fire Proof [ ] Why Did I Get Married

**TALKING ASSIGNMENT**

- [ ] Make one compliment about each other every day this week
- [ ] When you meet at the end day talk together for five minutes about the day's activities
- [ ] Say "I love you" every morning this week.
- [ ] Call each other at work

**KISSING ASSIGNMENT**

Kiss every morning for 15 seconds. \_\_\_\_\_ must initiate the kissing.

**HUGGING ASSIGNMENT**

Hug each other every morning this week when you first see each other standing on your feet.

**SEX ASSIGNMENT**

Engage in full sexual activities \_\_\_\_\_ times this week. \_\_\_\_\_ will initiate the sex

**CUDDLING ASSIGNMENT**

\_\_\_\_\_ will initiate cuddling you spouse tonight \_\_\_\_\_ with the last one on \_\_\_\_\_  
Name Date Date

\_\_\_\_\_ will initiate cuddling you spouse \_\_\_\_\_ with the last one on \_\_\_\_\_  
Name Date Date

Name

Cuddle no longer that fifteen minutes. You may kiss during cuddling for no more than 20 second. Cuddling is not having sex. Do not sexually arouse you spouse. If you do get sexually aroused, do not engage in sex at that time. Plan at a another time for sexual fulfillment. Cuddling is simply holding or embracing each other, lying close to each other, etc.

**DANCING ASSIGNMENT**

Dance together (privately in your home only) \_\_\_\_\_ time this week for no longer than the length of one song. \_\_\_\_\_ will initiate the dancing. Dance while holding each other closely.

**PRAYING ASSIGNMENT**

Pray together (without the children) every day beginning today \_\_\_\_\_. \_\_\_\_\_ will be the first one to pray each time this week. Both individuals must pray short prayers. Leave out praying for the country, prime minster or family members during this time. Pray for each other and the relationship. Pray for God's wisdom, guidance and healing in the relationship.

# Marriage Questionnaire

Select one of the numbers below to answer each question.

1. Always 2. Most of the Time 3. Sometimes 4. Very Rarely 5. Never

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1. Do you make your spouse feel good about himself/herself? \_\_\_\_
2. Do you value the same things in your spouse that you value in yourself? \_\_\_\_
3. Does your face spontaneously break into a smile when you see your spouse? \_\_\_\_
4. When you leave home, does your spouse have a sense of well-being, having been nourished by your company? \_\_\_\_
5. Can you and your spouse tell each other honestly what you really want instead of using manipulation or games? \_\_\_\_
6. Can your spouse get angry at you with your thinking less of him/her? \_\_\_\_
7. Can you accept your spouse as she/he is instead of having several plans to redo him/her? \_\_\_\_
8. Do your actions show you really care for your spouse? \_\_\_\_
9. Do you enjoy introducing your spouse to your friends or acquaintances? \_\_\_\_
10. Are you able to share with your spouse your moments of weakness, failure, disappointment? \_\_\_\_
11. Would your spouse say you are a good listener? \_\_\_\_
12. Do you trust your spouse to solve his/her own problems? \_\_\_\_
13. Do you admit to your spouse you have problems and need his/her comfort? \_\_\_\_
14. Do you encourage your spouse to develop his/her full potential? \_\_\_\_
15. Do you believe that you could live a full and happy life without your spouse? \_\_\_\_
16. Are you able to learn from your spouse and value what she/he says? \_\_\_\_
17. If your spouse would die tomorrow, would you be very happy you had a chance to meet him/her and to marry him/her? \_\_\_\_
18. Does your spouse feel she's/he's more important than anyone or anything else in your life? \_\_\_\_
19. Do you believe you know at least five of your spouse's major needs and how to meet those needs in a skillful way? \_\_\_\_
20. Do you know what your spouse needs when he's/she's under stress or when he's/she's discouraged?  
\_\_\_\_
21. When you offend your spouse, do you usually admit you were wrong and seek his/her forgiveness?  
\_\_\_\_
22. Would your spouse say you praise him/her at least once a day? \_\_\_\_
23. Would your spouse say you are open to his/her corrections? \_\_\_\_
24. Would your spouse say you are a protector, that you know what his/her limitations are as a man/woman? \_\_\_\_
25. Would your spouse say you enjoy being with him/her and sharing many of life's experiences with him/her? \_\_\_\_
26. Would your spouse say you are a good example of what you would like him/her to be? \_\_\_\_
27. Would your spouse say you create interest in her/him when you share things you consider important?  
\_\_\_\_

---

If you answered 1 or 2 to 10 or less of the questions, then your relationship is in a major need of overhaul.

If you answered 1 or 2 to 11 to 19 of the questions, then your relationship needs improvement.

If you answered 1 or 2 to 20 or more of the questions, then you're probably on your way to a good, lasting relationships.

Adopted from the book "If Only He Knew" by Dr. Gary Smalley.

Presented by Barrington H. Brennen, Marriage and Family Therapist: [www.soencouragement.org](http://www.soencouragement.org)

# Examine Your Life/Relationship

Barrington H. Brennen \* www.soencouragement.org \* 242-323 8772 \* marriage@soencouragement.org

First Name \_\_\_\_\_

## RANK YOUR MARRIAGE

Circle "O" the number the best describes the health of your marriage over that past two years.

Then put a square "□" around the number that indicates at least what you would like your marriage to be like.

! ! ! ! ! ! ! ! ! !  
\_\_\_\_\_  
1 2 3 4 5 6 7 8 9 10  
Very, very, poor Mediocre Okay Good Excellent

## Rank Your Needs In Marriage

1 = Most Important 10 = Least Important

### Your Needs

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_

Affection  
Conversation  
Family Commitment  
Financial Support  
Domestic Support  
Sexual Fulfilment  
Recreational Companion  
Honesty and Openness  
Attractiveness of a Spouse  
Admiration

### Your Spouse's Needs

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*(Based on the book "His Needs, Her Needs" by Dr. Willard Harley)*

## RANK YOUR NEEDS AS A SINGLE ADULT

*To be filled by single adults only*

\_\_\_ Companionship  
\_\_\_ Intimacy  
\_\_\_ Positive Self Concept  
\_\_\_ Financial Independence  
\_\_\_ Inclusion (*involvement in community/church*)

## THE SEVEN BASIC INGREDIENTS FOR A HEALTHY MARRIAGE

1. Humility. Willingness to adjust. A teachable spirit. Lead together.
2. Knowing and understanding each other's needs and know how to meet them.
3. Effective communication and good conflict resolution skills.
4. Listening with the heart and not just with the head.
5. Commitment to a non-judgmental attitude
6. Being a committed spouse, each other's intimate friend, lover and sweetheart.
7. Having a harmonious couple financial plan.