

# Brennen's Thirty-Two Secrets for a Spicy Marriage

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Write **D** if you are doing it regularly - Write **O** if you are doing it once and a while - Write **N** if you have never done it

1. [ ] You feel safe to share your joys with your spouse (happy feelings, events).
2. [ ] You feel safe to share your tears with your spouse (painful feelings, events).
3. [ ] Comfortably talk positively about your spouse with close friends or relatives.
4. [ ] You have an irresistible attitude. No cranky, critical, harsh.
5. [ ] Make love at least once a week (not just have sex).
6. [ ] Sleep together always. Go to bed the same time at least three times a week.
7. [ ] Shower together regularly.
8. [ ] You both hug each other first thing every morning for about twenty seconds while standing on your feet.
9. [ ] Sleep naked one night every year without having sex.
10. [ ] Kiss passionately every day for about 10 second (deep wet kissing).
11. [ ] Listen to each other. Listen with your heart and not just your ears.
12. [ ] Have a non-judgmental attitude (Do not accuse your partner of doing something you cannot prove)
13. [ ] Dance together privately while closely holding each other.
14. [ ] Know each other's needs and learn how to meet them.
15. [ ] Be willing to adjust.
16. [ ] Pray together (If both are Christians).
17. [ ] Play together. Have fun time and romantic times together.
18. [ ] Never assume you know what you partner is saying or thinking.
19. [ ] Take time to clarify what is being said before it is discussed.
20. [ ] Do not put words in your partner's mouth.
21. [ ] Take vacations together.
22. [ ] Have a weekly date night (at home or out of the home).
23. [ ] Know that you are not the boss of your partner (he/she is an adult).
24. [ ] Eat together. (Eating together at least three times a week)
25. [ ] Affirm each other every day with encouraging and sweet words.
26. [ ] Understand the true meaning of intimacy (Having lots of touching and doing things without sex on the agenda).
27. [ ] Understand the power of great sex.
28. [ ] Remember that love isn't enough. (Good communication and conflict resolution skills)
29. [ ] Have a couple financial plan. Have one couple/family budget with both of our income.
30. [ ] Have a mission statement.
31. [ ] You know and understand your spouse's needs and know how to meet them.
32. [ ] You know and understand your spouse's love language.
33. [ ] Be humble—willing to change, listen to your partner, say I'm sorry, admit wrong, share power.

TOTAL: Number of "Ds" \_\_\_\_\_ "Os" \_\_\_\_\_ "Ns" \_\_\_\_\_

25 or more "Ds" indicate a healthy marriage with little or no repair needed.

24 to 15 "Ds" indicate a somewhat healthy marriage with some repair needed.

14 to 1 "Ds" indicate an unhealthy marriage with much repair needed.

25 or more "Ns" indicate the marriage is in trouble. Get help.

25 or more "Os" indicate the marriage has too many weak links and vulnerable to failure.