

## Brennen Marriage Harmony Quiz

Select one of the following to answer each question:

1. Always
2. Often
3. Sometimes
4. Rarely
5. Never

- [ ] My spouse and I spontaneously reach out for each other's hand when walking together.
- [ ] My spouse and I break into smiles spontaneously when we see each other at the end of the work day.
- [ ] My spouse and I enjoy eating meals together at least three times a week.
- [ ] My spouse and I enjoy receiving calls from each other at work.
- [ ] My spouse and I enjoy eating lunch together at least once during the work-week.
- [ ] My spouse and I enjoy sharing hymnals when singing together in church.
- [ ] My spouse and I enjoy referring to each other by first or pet name.
- [ ] My spouse and I are considerate of each other's feelings, fears, and joys.
- [ ] My spouse and I are excited to go to bed together at least three times a week.
- [ ] My spouse and I enjoy holding or lying close to each other while falling asleep.
- [ ] My spouse and I enjoy lingering a while after making love.
- [ ] My spouse and I enjoy working together financially and building the family budget.
- [ ] My spouse and I enjoy sitting together in church or other religious or social/secular/functions.
- [ ] My spouse and I enjoy embracing each other for at least 10 to 20 seconds each day.
- [ ] My spouse and I enjoy deep wet kissing each other for about five to ten seconds at least once each day
- [ ] My spouse and I enjoy talking about each other to our friends and colleagues.
- [ ] My spouse and I feel free to share opinions and ideas even when they are opposing views.

### TOTAL RESULTS:

Number of 1 \_\_\_\_\_  
Number of 2 \_\_\_\_\_  
Number of 3 \_\_\_\_\_  
Number of 4 \_\_\_\_\_  
Number of 5 \_\_\_\_\_

### EXPLANATION:

If you have a total of 17 of No 1, your marriage is very healthy

If you have a total of 14 to 17 No. 1, your marriage is okay

If you have a total of 13 to 17 No. 3, your marriage is mediocre

If you have a total of 13 to 17 of No 4, your marriage is in big trouble

If you have a total of 12 to 17 of No 5, your marriage is in big, big, big, trouble