

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. [] You are comfortable saying positive things about your spouse with close friends or relatives.
4. [] You have an irresistible attitude – not cranky, critical, harsh.
5. [] You make love at least once a week (not just have sex).
6. [] You sleep together always or go to bed the same time at least three times a week.
7. [] You shower together occasionally.
8. [] You both hug each other first thing every morning for about 20 seconds while standing on your feet.
9. [] You sleep naked one night every year without having sex.
10. [] You kiss passionately every day for about 10 seconds.
11. [] You listen to each other. You listen with your heart and not just your ears.
12. [] You have a non-judgmental attitude. (*Do not accuse your partner of doing something you cannot prove.*)
13. [] You dance together privately while holding each other closely.
14. [] You know each other's needs and learn how to meet them.
15. [] You pray together (if both are Christians).
16. [] You play together. You have fun time and romantic times together.
17. [] You never assume you know what your partner is saying or thinking.
18. [] You take time to clarify what is being said before it is discussed.
19. [] You do not put words in your partner's mouth.
20. [] You take vacations together for at least two weeks each year.
21. [] You have a weekly date night (at home or out of the home).
22. [] You know that you are not the boss of your partner (he/she is an adult).
23. [] You eat together at least three times a week.
24. [] You affirm each other every day with encouraging and sweet words.
25. [] You understand the true meaning of intimacy. (*Having lots of touching and doing things without sex on the agenda.*)
26. [] You understand the power of great sex.
27. [] You know that love isn't enough. (*Good communication and conflict resolution skills, etc., are needed.*)
28. [] You have a couple financial plan. (*Have one couple/family budget with both incomes.*)
29. [] You have a couple mission statement similar to those found in businesses that is displayed on a significant wall in the house for all to see.
30. [] You know and understand your spouse's needs and know how to meet them.
31. [] You know and understand your spouse's love language.
32. [] You are humble – willing to change, share power, listen to your partner, say you're sorry and admit wrong.

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.