

Brennen's Thirty-Two Secrets for a Spicy Marriage

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Female _____ Male _____

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 this is a part of your belief).
16. [] You play together. You have fun time and romantic times together.
17. [] You avoid making assumptions about 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 understand that love is not enough. (*You need Good communication and conflict resolution skills, etc.*)
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.