

One-A-Day Reviving Full Prescription

Brennen Therapy Forms

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 [] Sleepless in Seattle
[] Hope Springs [] Brennen Video- www.soencouragement.org - Click on "Videos" and then scroll down to #3

TALKING ASSIGNMENT

- [] Make one general compliment about each other every day this week
- [] Make one daily-specific-compliment to your spouse before going to bed. The compliment is relevant to that day.
- [] 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 10 seconds. _____ must initiate the kissing.

HUGGING ASSIGNMENT

Hug each other for 20 seconds every morning this week when you first see each other standing on your feet.

WALKING ASSIGNMENT

Go for a romantic walk while holding hands for at least 20 consecutive minutes.

DO THE BRENNEN HUGGLING SESSION as explained on the online video "Making the best out of marriage"

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 _____

_____ will initiate cuddling you spouse _____ with the last one on _____

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.