



Manage

The Rough Spots And Keep Your

Marriage Together

Worksheet



Is anything in your life more important than your marriage? You may come up with a couple of other relationships that are equally important, but you'll likely be hard-pressed to find something in your life which exceeds the love you have for your partner.

Yet, you likely hit the occasional rough spot in your relationship.

Complete this worksheet to prepare yourself for anything that comes along and disturbs the calm waters of your loving marriage.

Growing Apart

How can you tell when you're growing apart?

What strategies are you willing to use to pull the two of you back together?

Disagreements About the Children

How do you and your spouse do when it comes to raising and disciplining the kids?

Does it feel like you're on the same team? _____ If not, what can you do to be unified?

Styles of Budgeting and Money Issues

Do you and your spouse agree on how to budget, spend, and manage money?

If not, what can you do to pull together your efforts, when it comes to finances?

Workaholic in the Family

If you or your partner are workaholics, what can you do to ease the situation?

Argumentative Communication

How often do you argue?

What strategies can you use to decrease the arguments?

Substance Use

Do either of you use substances?

Have either of you ever seen it as a problem in your relationship?

How will you handle any difficulties with substance use?

Your Sex Life

Are you on the same page when it comes to interest in lovemaking?

If not, what can you do to manage your differences in sexual appetite?

Difficult Situations

When you encounter difficult times such as the death of a loved one or job loss, what do you do?

Put your all into your marriage and you'll experience the love of a lifetime!