

CATEGORY 14

# Marriage Maintenance & Growth

## Couples Discussion Guide

### INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

### QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

**1. Will you go to marriage counseling if I ask you to?**

Him:

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Her:

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**2. How do you rate your ability to avoid destructive habits (criticism, stonewalling, defensiveness, contempt)?**

Him:

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Her:

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**3. If we develop a huge problem that we are unable to resolve, would you agree to seeking professional help to save our marriage?**

Him:

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Her:

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**4. How should we continue growing together as individuals and as a couple?**

Him:

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Her:

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**5. What does investing in our marriage look like practically?**

Him:

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Her:

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**6. How often should we have intentional conversations about our relationship?**

Him:

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Her:

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**7. What books, resources, or mentors should we utilize?**

Him:

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Her:

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**8. How should we handle seasons when we feel distant from each other?**

Him:

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Her:

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**9. What role should date nights and romance play in our marriage?**

Him:

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Her:

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**10. How do we prevent taking each other for granted?**

Him:

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Her:

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**11. What new experiences should we pursue together?**

Him:

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Her:

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**12. How should we celebrate relationship milestones?**

Him:

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Her:

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**13. What happens when one person wants to grow in a different direction?**

Him:

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Her:

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**14. How do we maintain friendship and companionship in marriage?**

Him:

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Her:

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**15. What legacy do you want our marriage to leave?**

Him:

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Her:

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## AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

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One expectation I now understand about my partner that I didn't before:

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One thing I am committing to do differently based on this conversation:

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## ALIGNMENT RATING

*Circle one for each:*

**How aligned are we on maintaining and growing our marriage?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

**How satisfied am I with our investment in our relationship?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

## OUR AGREEMENT

*Write one shared commitment based on what you discovered in this category:*

**"In the area of Marriage Maintenance and Growth, we agree to:**

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"

**Signed:** \_\_\_\_\_ **&** \_\_\_\_\_

**Date:** \_\_\_\_\_