

Communication at an intimate level is essential for a healthy and growing relationship. While many couples appreciate the importance of learning "how" to communicate more effectively, they should also recognize the importance of "what" and "how often" they are communicating. Getting to know your spouse doesn't stop once you say, "I do." When you take the time to continually learn about your spouse's dreams, experiences, fears, anxieties, hopes, struggles, passions and goals, you will find that your relationship with your spouse will grow and strengthen.

Couch Time is about taking at least 15 uninterrupted minutes at least once a week to discuss a Couch Time question. These questions are inspired by The Seven Bridges and are designed to guide couples in their marriage journey. We believe that you will experience a greater level of intimacy with just a little Couch Time!

Helpful Hint: Be sure to ask further questions to really understand and appreciate your spouse's answers. The goal is to create a dialogue and not just state an answer. Find out why their answer is so important to them, what makes them feel a particular way and how it relates to your marriage and family.

Purpose

1. What are three family goals you would like to see accomplished within the next 10 years?
2. What unique skills does each of us bring to our marriages that compliment each other?
3. What are you passionate about and why?
4. What are three types of service activities that we could do together to help others?
5. What would you do differently if you had complete financial independence? Why would you do those things?
6. What dreams did you have as a child? How have they evolved?
7. What are three changes you could make in how you spend your money? Why would you make those changes?
8. How could you better support your spouse in their desires and ambitions?

Fellowship

1. What are three new activities we could do together in our free time?
2. What are the pros and cons in your communication style (1) during fun times, (2) during times of stress, and (3) when you are tired?
3. Describe your favorite time working with your spouse to accomplish a task or goal. What made that time so special?
4. What activities do you most enjoy experiencing with your spouse and why?
5. What activities or obligations do we have that are not essential and may take away from time we could spend together?
6. What are some of your favorite family traditions and why?
7. What are three new family traditions could we start and why?
8. What is one thing you've never told your spouse?

Celebration

1. What did you think about each other after your first date? How has that evolved over time?
2. What was your favorite family vacation as a child? What made it so special?
3. What was your favorite evening since we've been married? What made it so special?
4. What would be the most exciting anniversary celebration we could have?
5. What would be the three most exciting places for us to vacation and why?
6. What do you most appreciate about your spouse and why?
7. What was the time that you laughed the most together?

Healing

1. What has been the hardest thing for you to overcome and why?
2. What is your greatest fear and why?
3. What was your most painful experience and why?
4. What things does your spouse do that makes you feel most appreciated?
5. What are you currently most stressed about and why?
6. In what ways do you think you've grown during your marriage?
7. What was the nicest thing your spouse has done for you and what did mean to you?
8. What are two things you'd like to do differently in your marriage than you saw in your parent's marriage?

Forgiveness

1. What has been the hardest thing to forgive in your life and why?
2. What is the greatest thing you have ever been forgiven of by a person?
3. Do you find it harder to forgive or receive forgiveness and why?
4. What is the hardest thing about forgiving others?
5. How do you know when you've forgiven someone?
6. What is one thing you'd like to ask forgiveness for from your spouse?
7. In what ways do you think forgiveness is beneficial?
8. Do you have any things you haven't forgiven? If not, why?

Patience

1. What has been the hardest thing to wait for since you've been married?
2. What would be most worth the wait?
3. What are you most thankful for in how your spouse has been patient with you?
4. What is currently one of your greatest challenges to overcome?
5. What are three areas where you'd most like to see yourself grow personally?
6. What was one thing you had to wait the longest for? What made the wait so difficult?

Humility

1. In what ways can humility be demonstrated in a marriage?
2. What is your greatest weakness and why?
3. What strength of your spouse is most needed in your life?
4. Describe a time your spouse did something unselfishly for you that meant a lot. Why was it so special?
5. What is something you could do as a couple to make a personal sacrifice to benefit someone else?
6. Describe an area where you'd like to show greater appreciation for your spouse?
7. What would be the hardest thing for you to give up for others? Why would it be so hard?