

GROWING AS INDIVIDUALS



If our marriages are only as healthy as we are, then it's important we become aware of, and attend to the ways in which we can grow and focus on ourselves (rather than our partners). Use the following questions for your own self-reflection:

MENTAL HEALTH

When was the last time you were grateful for something?

Is it hard for you to talk yourself down or get your mind out of a spiral?

When your mind wanders or when you zone out, what do your thoughts go to?

EMOTIONAL HEALTH

What are you currently worried, nervous, or anxious about?

What are you currently hopeful or excited for?

How do strong emotions usually impact the rest of your day?

PHYSICAL HEALTH

How satisfied are you with how your body feels in when it comes to...

-the food you eat or hydration you get?

-the amount or quality of sleep you get?

-the physical activity you engage in?

SEXUAL HEALTH

How satisfied are you with the your side of sexual intimacy with your spouse?

What feels especially vulnerable to you when it comes to your own sexuality?

When was the last time you felt emotionally connected during sex?

SPIRITUAL HEALTH

How would you describe your relationship with God?

What kind of relationship would you like to have?

What things keep you from relating to God the way you want to?

RELATIONAL HEALTH

When was the the last time you had a positive thought about your spouse?

When was the last time you had meaningful conversation?

What obstacles are currently keeping you from connecting the way you want to?



BRAVE MARRIAGE

Brave Marriage exists to educate, encourage, and equip couples to grow as individuals, do marriage with intention, and live mutually empowered, purposeful lives.

If these questions have been helpful to you, would you consider sharing the podcast and worksheets with your friends and family? I consider this part of my business a ministry to couples, and would love your help in sharing this teaching with others.

To work with me at the next level,
please visit bravemarriage.com.