

# TAKING TIME TO ASK INTENTIONAL QUESTIONS

Take some time to answer these questions for yourself, and then discuss as a couple:

## APPRECIATION OF LIFE

What are the things I enjoy?  
What are some of my favorite things in life?  
When was the last time I stopped to appreciate the life I do have?  
What basic aspects of daily life do I tend to take for granted?  
How often do I complain compared to how often I express gratitude?  
What or who do I count as blessings or gifts in my life?  
If I had a free day, how would I spend it?  
What does that say about what I most value in life?

## EXPLORING NEW POSSIBILITIES

What trajectory is my life on?  
Am I headed down a path that I want to be on?  
If not, what possibilities have I not given much thought to?  
If so, is there more that I haven't even considered?  
Are we living into the life and legacy we'd dreamed of in the beginning as a couple?  
If dreams and desires have changed, are we on the same page or are we ignoring life paths that need to be addressed?  
What would be our next step?

## DISCOVERING PERSONAL STRENGTH

What do I want?  
What seems to be holding me back?  
What am I good at?  
What skills or strengths do I have?  
What am I afraid of?  
Would I consider myself to be a strong person?  
If not, what stories am I telling myself that lead me to believe this?  
Do I think more of myself or less of myself than I ought, or of others?  
If so, why? What stories am I telling myself that lead me to believe this?

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## REEVALUATING RELATIONSHIPS

What do the people in my life mean to me?

How have they shown up for me or encouraged me?

How have they not shown up for me or taken more than they've given?

How is my avoidance, procrastination, people-pleasing, passive-aggression, inauthenticity, under-functioning or over-functioning interfering with my sense of relational fulfillment?

Am I confusing any of the above unhealthy behaviors with being Christ-like in relationship?

What are my values when it comes to relationships?

Who do I intentionally want to invest my time in?

## DEEPENING YOUR FAITH

What do I believe about myself and why?

What do I believe about the world and why?

What do I believe about God and why?

What spiritual experiences have I encountered throughout my life?

What things do I believe that don't line up with what I know to be true?

(If a Christian), in what ways does Jesus' life look different from mine?

What can be learned from any mismatches between what I believe and how I live?

How can those things be reconciled & lead to a deeper experience of faith?



# 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](http://bravemarriage.com).

 **BRAVE MARRIAGE** podcast

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