

## COUPLES PROJECTS SHEET

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1. **HUSBAND AND WIFE** answer the following question individually and then compare your lists.

In view of the fact that the husband/wife relationship is to be the priority relationship, list those things that regularly interrupt or hinder your relationship as husband and wife (i.e. long hours of work-related overtime; a child who wants to sleep with Mommy and Daddy, etc.).

2. **HUSBAND**, list those things you do and say in the course of a year that are tangible expressions to your wife that she is special, beloved and the priority person in your life. (Don't forget the seemingly small things.)

**WIFE**, list those things your husband does or says in the course of a year that are tangible expressions to you that you are special, beloved and the priority person in his life. (Don't forget the seemingly small things.)

3. **WIFE**, list those things you do or say in the course of a year that are tangible expressions to your husband that he is special, beloved and the priority person in your life. (Don't forget the seemingly small things.)

**HUSBAND**, list those things your wife does or says in the course of a year that are tangible expressions to you that you are special, beloved and the priority person in her life. (Don't forget the seemingly small things.)

4. Then husband and wife share with each other that list which records what your mate does or says that you recognize to be a tangible expression to you that you are special, beloved and the priority person in his/her life.

5. Husband and wife are to answer both evaluation forms, evaluating yourself and your mate.