

~Creative Conversation Starters for Married Couples~

Cindy Sigler Dagnan

- If you could keep only one memory, what would it be?
 - What color was your day?
- If you suddenly inherited \$500,000, what would you do with it first? After me, whom would you tell about it first? If you *had* to spend ¼ of it on yourself, what would you buy?
 - Pick 5 adjectives to describe our sex life.
- What memory about the births/arrivals of each of our children do you treasure the most?
 - What is your favorite wedding day memory? Honeymoon?
 - In your opinion, what's the most fun we've ever had together?
 - If you had to switch careers now, what would you choose to become?
 - Who was your favorite teacher? Why?
 - What was your favorite food in the fourth grade?
 - What did you want to be when you were twelve years old?
- If you could plan a family vacation to anywhere (money being no object) this year, where would you take us? On a couples vacation?
 - What is your favorite scripture verse?
 - When is it the hardest for you to pray? Why?
 - If you could improve me in one area, what would that be?
- Rank our sex life from 1 to 10. What one new thing would you like to try sexually?
 - What is your earliest memory?
- What do you want to be doing 5 years from today? 10 years from today?
 - What is your favorite thing to see me wear?
 - When did you first realize you were in love with me?
- What do you remember about our first kiss? Our first date? The first time we woke up as husband and wife?
 - What is your current favorite song? Oldie?
 - Describe your dream house.
- We have 3 unexpected childfree hours on a Sunday afternoon . . . describe your perfect outing/activity?

-adapted from The Chocolate Side of Life

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## **The Marital Drift Check-Up**

Answer YES or NO to the following questions:

**In the last month have you and your spouse:**

- Kissed passionately without making love?
- Gone out on a date without friends or the kids?
  - Held hands?
- Talked at length about something other than the kids, money, schedules, household needs or conflicts?
  - Done something special for each other?
  - Prayed together (other than at mealtimes)?

**In the last six months, have you and your spouse:**

- Gone for a long walk?
- Laughed together until your sides hurt?
- Discussed your marital strengths and weaknesses?
  - Written a love note to each other?
  - Varied your love-making?

**In the last year, have you:**

- Gotten away for at least one night without kids?
  - Shared a spiritual growth experience?
- Shared hopes and fears concerning your marriage and family over the next five years? Ten years?
- Verbally renewed your commitment to each other to honor, love and cherish and remain faithful until death?

**Scoring: Yes to 12 or more – you feel emotionally connected and in love, still, crank it up a notch to feel even closer.**

**Yes to between five and eleven questions – you may have begun settling for an “average” marriage. Start making changes.**

**If you answered yes to fewer than five questions, your marriage is in serious drift mode. Start practicing the things on this list.**

**~Adapted from Marriage Partnership, Summer, 1999.**