

MARITAL PROBLEMS CHECK-LIST

Mark on the list below things you or your fiancée or spouse have struggled with previously or still continue to struggle with presently: mark “P” for past struggles and/or “C” for current struggles. For those that don’t apply, you can leave blank.

<u>MYSELF</u>		<u>MY FIANCEE OR SPOUSE</u>	
anger	___	anger	___
apathy	___	apathy	___
appetite	___	appetite	___
argumentative	___	argumentative	___
arrogant	___	arrogant	___
bitterness	___	bitterness	___
deception	___	deception	___
depression	___	depression	___
doubts	___	doubts	___
drunkenness	___	drunkenness	___
envy	___	envy	___
finances/debt	___	finances/debt	___
guilt	___	guilt	___
homosexuality	___	homosexuality	___
indecisive	___	indecisive	___
indifferent	___	indifferent	___
irresponsible	___	irresponsible	___
judgmental attitude	___	judgmental attitude	___
laziness	___	laziness	___
loneliness	___	loneliness	___
lust	___	lust	___
lying	___	lying	___
memory	___	memory	___
moodiness	___	moodiness	___
perfectionist	___	perfectionist	___
rebellion	___	rebellion	___

sex	___	sex	___
sleep	___	sleep	___
worry, anxiety	___	worry, anxiety	___
uncontrolled tongue	___	uncontrolled tongue	___

Discussion for the couple:

1. Compare your two lists. Note similarities and differences in what you marked. Explain why you marked what you did.
2. Pick out the sin (or sins) that have been most destructive for your relationship. Describe the dynamic behind that sin. Then think with your spouse/fiancée about how you can put the sin to death and how your spouse/fiancée can help you fight it.
3. Take some time to pray together and ask God for his help.