FREE WORKSHEET FOR MARRIED COUPLES

Knowing each *other better*

Over time, life gets busy and we stop asking each other real questions. Staying curious about your spouse keeps your friendship strong. Take turns asking these questions over dinner, on a walk or on date night.

1. What is one dream you haven't told me much about?
2. When do you feel most loved by me?
3. What has been stressing you lately?
4. What is a favourite memory of us?
5. What did your family teach you about marriage, good and bad?
6. What is one thing you wish I understood better about you?
7. How can I support you this month?
8. What are you most proud of right now?

I feel most loved when...

Tick your top three.

- ☐ Kind words and encouragement
- ☐ Quality time with no phones
- ☐ Help with tasks and the load
- ☐ Physical affection
- ☐ Thoughtful gifts or surprises
- ☐ Being listened to
- ☐ Praying or reflecting together
- ☐ Planning our future together

My spouse feels most loved when...

Guess first, then check with them.

- ☐ Kind words and encouragement
- ☐ Quality time with no phones
- ☐ Help with tasks and the load
- ☐ Physical affection
- ☐ Thoughtful gifts or surprises
- ☐ Being listened to
- ☐ Praying or reflecting together
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COUPLES WORKSHEET · KNOWING EACH OTHER BETTER

Building our life together

Our top values as a couple

e.g. faith, family, honesty, adventure, generosity, rest

Traditions we want to keep or start

Dreams for the next year

Dreams for the next five years

Ten things I love about you

1. 2.
3. 4.
5. 6.
7. 8.
9. 10.

Date ideas to try

- [ ] Cook a new recipe together
- [ ] Revisit where you first met
- [ ] Watch the sunrise or sunset
- [ ] Serve together in your community
- [ ] Walk and talk, no phones
- [ ] Game or puzzle night
- [ ] Plan a dream trip, even if it's far off
- [ ] Look through old photos

Want support as a couple?

Soul Care offers virtual couples therapy and premarital counselling across Canada. Faith is always welcome in session, and never required.

Couples therapy