

DUCKLOW'S

COUPLE INTIMACY QUESTIONNAIRE

The Couple Intimacy Questionnaire is a simple tool to enable you to talk about aspects of your marriage with your partner during some quiet time. How about over coffee at Starbucks sometime during an evening? Or over sushi?

Some of the questions are quite vague. These 'general leads' allow you to say what you want about the topic. Some questions you may not feel comfortable talking about. Just move onto the next one with the simple comment "pass."

There is no rush to get through the questions. Take your time to discover your partner afresh. Take lots of friendship time over some weeks.

1. How, of all the millions of people in the world, did you two find each other?
2. What first attracted you to your partner? How long ago was that? How long ago does that seem to you now?
3. Which of these initial sources of attraction still operate in your relationship today? Have some changed they are no longer important to you?
4. What were your feelings for yourself and your partner when you first met? What are those feelings now?
5. How has your relationship changed since you were first married? What significant 'crises' or 'rites of passage' have you shared? How have these both been positive and negative (for you personally and for your marriage)?
6. How have the two of you differed consistently over the years of your marriage? How have you handled your differences? How do you think your spouse thinks you have handled your differences? How would you like to handle your differences?
7. Who has the greater passion in your relationship? Who provides the greater stability in the marriage? What of the two is most valued in the marriage? Passion or stability?

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8. What do you think about just before you go to sleep in the evening? What do you usually feel when you wake up first thing in the morning?
9. What does money mean to you? What does money mean to your marriage? How much money do you need this year to feel that you have enough? Does your heart determine how you spend your money or, does your money determine your heart commitments?
10. How do you freeze your partner out? How do you haul you partner in? How do you abdicate yourself? How do you usurp your spouse? How do you submit to each other? How do you get your spouse to submit to you?
11. If you could restructure your sexual and romantic life, what would you want do? What do you think your spouse would do? Is sex and romance important to you and your marriage?
12. What are the three best things about you? What are the three best things about your partner?
13. Who usually does the following tasks?
 - Cooking meals
 - Cleaning the house
 - Home repairs
 - Driving on trips
 - Putting kids to bed
 - Negotiating with schools
 - Negotiating with bank or credit agencies
 - Paying bills
 - Maintaining contact with mutual friends
 - Garden chores
 - Grocery shopping
 - Organizing family outings
 - Leading the family in spiritual life
14. Who usually does the following tasks?
 - Starts the fight or ends the fight
 - Soothes hurt and angry feelings

- Initiates love-making
 - Suggests recreational activities
 - Promotes warmth and affection
 - Initiates discussion of ideas
 - Starts the discussion of problems so that change can occur
 - Requests time alone excluding the partner
15. What are the most important benefits in being married to your partner? What are the greatest costs? How are the benefits greater than the costs?
 16. How do you handle your commitments to work, hobbies, family or other relationships when they conflict with your marriage relationship?
 17. Would you describe your marriage as “committed”? What are the costs and benefits of being committed or not committed?
 18. What are your joint commitments? How do they impact your marriage? What new joint commitments would you enjoy doing regularly or occasionally?
 19. What one piece of wisdom would you give to a premarital couple?
 20. How has worship or faith benefited your marriage? How has worship or faith negatively impacted your relationship? Do you want to make any changes about your worship or faith life?
 21. Do you feel that you have left your family of origin (as in un-attaching and re-attaching in ways that honor your marriage)?
 22. Do you feel that your spouse is your best friend or becoming your best friend?
 23. Is your sexual relationship a priority for you and your marriage? How is this expressed? Who is usually the initiator and who is usually the responder to love making?
 24. Where are you on your “couple's journey”? How would you describe it?
 25. How would you like to describe your journey in 3 years? In 5 years? In 10 years?
 26. What do you think about your friendship building skills? What improvements would you like to make? What improvements would you like your spouse to make?
 27. How have kids or grandkids impacted your marriage?
 28. How do you feel about coming home to your spouse? How do you feel about leaving your spouse when you go to work?