

Helpful Questions To Ask Each Other

Just as in life, every marriage has seasons.

There are seasons when your marriage feels exceptional. You are in sync together, dreaming together, and thoroughly enjoying your relationship.

There are seasons where life is so busy you barely have time to connect. You know the other person was home because their side of the bed is messed up. But communication consists of quick text messages or phone calls. You might get 15 minutes to eat together once a day before one or both of you are on to the next event — your child's sporting event, a new business client meeting, church meeting, or volunteer activity. Watch for warning signs during this season.

There is the season when it feels like you've become roommates. Gone is the romance and maybe even the desire to spend time together. You barely talk unless it's about the children. You are rarely alone together and neither one of you misses the other. This is a dangerous time for your marriage.

Here's some questions¹ you can ask each other during each season of your marriage. Listen carefully to each other. Your

¹ <http://guidedoc.com/20-helpful-marriage-counseling-questions-ask-spouse> accessed on 12.13.16

answers will help you protect and build your marriage into the best it can be.

- What are our main issues?
- What issues do you think are most important?
- How are we doing with our relationship?
- Are we going through a bad phase or is it something more?
- What do I do that bothers you or makes you feel “less than”?
- Do you love me? If so, what kind of love is it?
- Do you trust me?
- Are you satisfied with our sex life?
- Do you feel accepted by me?
- Do we have anything between us that we still need to resolve?
- Is there anything you need to tell me?
- Are you considering a divorce?
- Do we need to get counseling?

Marriage counseling is a good thing. Even “good” marriages can use some unbiased evaluation from time to time.

According to [gotquestions.org](http://www.gotquestions.org),¹ when there are recurring issues, such as those listed below, counseling is very wise:

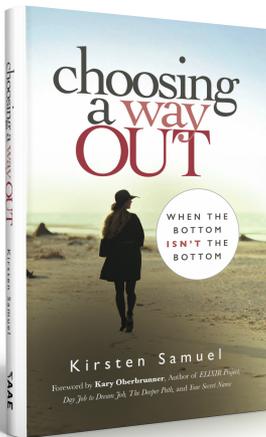
- Unable to resolve conflict in a healthy way
- One partner dominates the relationship so the other’s needs aren’t met
- Lack of compromise

¹ <http://www.gotquestions.org> “When should a Christian couple seek marriage counseling” accessed on 12.15.16

CHOOSING A WAY OUT

- Communication breaks down
- One partner seeks to “fix” a problem outside of the marriage
- Role confusion
- Pornography
- Lying by one or the other spouse
- Parenting styles don’t jive
- Addictions or addictive behavior

If you find yourself dealing with some of these issues, reach out to a good Christian counseling agency in your area. Your church will be a good resource for counselors in your area.



Purchase
Choosing a Way Out
on Amazon:
<http://amzn.to/2r4fNm3>

Excerpted from Choosing a Way Out
(c)2017 Kirsten Samuel. All Rights Reserved.