

# The **25 Minute** **Marriage Makeover**

*A 25 minute journey that will transform your marriage*

**Husband's  
Copy**



Part of the **Trailmap for Life** materials to strengthen marriages & families.

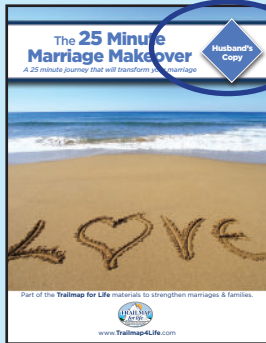


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# The **25 Minute Marriage Makeover**

## Feedback from Participants:



*One of the funniest feedback reports we've received upon completion of the Marriage Makeover was from a man who had been married nearly 20 years... He said: "For the past 15 years, I've been dutifully doing the dishes & vacuuming the floors because I thought that 'acts of service' were my wife's top love need... **after 25 minutes of doing the Marriage Makeover I learned that those things really didn't mean that much to her!***

*Instead, she was craving non-sexual displays of affection - **as soon as I started demonstrating those to her**, our marriage was catapulted to a new level & **she made an intentional effort to meet my love needs**- our **intimacy & connection** have **never been better** (& I have tons of free time on my hands!)"*

*"This worksheet was great - we now have a **new marriage**. I suggested to my pastor that we use it at our Couples Retreat."*

*"We had what we thought was a really good marriage...after we completed this exercise, it became an **amazing marriage ...it's a simple conversation with incredible impact**"*



*In speaking with a widow who had been married nearly 50 years...she said: "I wish that my husband & I would have had something like this...he thought he knew what my love needs were **but we never discussed it** & as such **missed out on so much** in our marriage. A **customized approach** like this would have made a **huge difference** for us & would have made it **easier to talk through.**"*

The **25 Minute Marriage Makeover** can be done as a **couple** or as part of a **small or large group**... **"Friday Night Date-Nights"** are a popular option for churches & small groups (2 hours total) with **food, fun, & incredible results!**

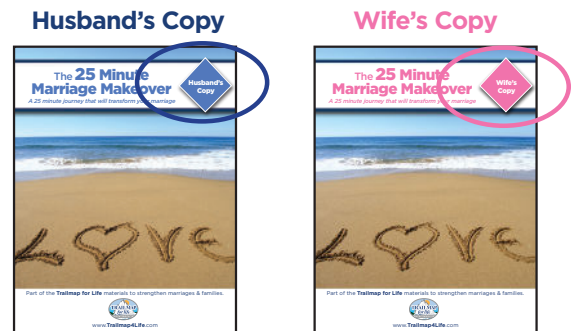
Call **(800) 210-6075** or visit **www.Trailmap4Life.com** for more information.

# The 25 Minute Marriage Makeover

*A 25 minute journey that will transform your marriage*

There are two copies of the “Husband & Wife Worksheets”

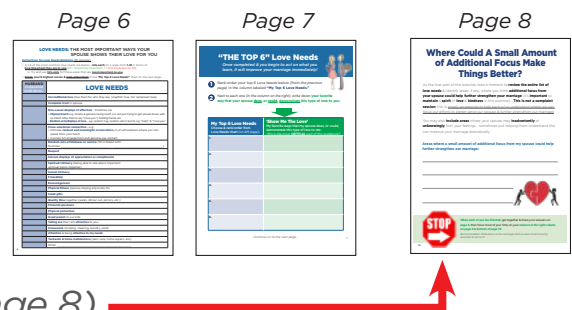
- One labeled “**Husband's Copy**”
- One labeled “**Wife's Copy**”



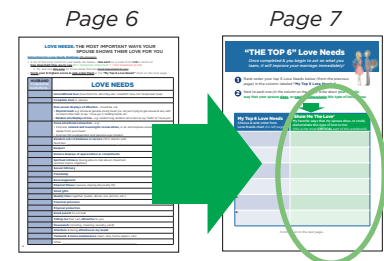
## Instructions:

1. Find a quiet place to read & complete pages 2 - 8 (on your own) focusing on the exercises on pages 6 & 7

(stop when you get to the **STOP SIGN** on page 8)



2. Discuss together your answers to each section (starting on page 2 & working through page 8), focusing on each of your **Top 6 Love Needs** & most importantly, how you like them demonstrated (pages 6 & 7).



3. Summarize the Main Take-Aways for You To Do

(Enter them on your calendar as 'recurring appointments' to remind you to do them at specific times during the day)



- These exercises can **transform** your **marriage**. Take as much time as needed to **thoroughly** discuss your answers- that is where the big benefits occur.
- Then have a **'Date Night'** as soon as possible to complete the homework (back cover).



# Attraction & Favorite Characteristics

When we are dating, most people spend tremendous **time & energy** thinking about the other **person** and what we could do to make them happy.

Unfortunately, once we get married, it is easy to take things for granted and forget about the **incredible qualities** that **first attracted** us to our **spouse**.

Take 90 seconds and write down your **top 3 things** that **attracted** you to your **spouse** when you got married:



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now, take another 90 seconds and write down your **5 favorite characteristics** (loving, kind, fun, good listener, etc) of your spouse now -- they may or may not be the same as they were when you got married & that is OK (*as we all change over time as does what we appreciate most*) :

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_

*When finished, continue on to the next page...*

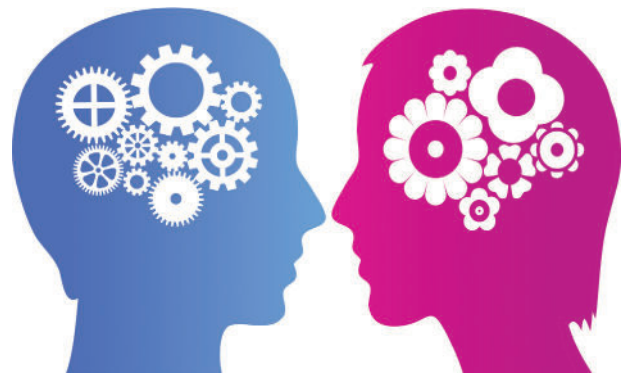


# Why This Is Life-Changing

As adults, we have a lot of stress on us. One area that can often suffer is the strength of our **marriage**.

Additionally, because **each of us is different**, we each have **unique needs** that we want our spouse to fulfill...

Complicating things further is that **women's** most important love needs are typically **different** than those of **men**, so most people find **their needs** are **very different from their spouse's needs**.



When **we get married**... we promise to do our best to meet our spouse's needs "until death do us part."

- Among these are needs that are often called **"love needs,"** which describe the ways we like our spouse to show their love for us.

*Continue on to the next page...*

# Identifying Your Spouse's Unique Love Needs

It's easy for us to allow ourselves to get disappointed & even frustrated when our spouse isn't a mind-reader & isn't able to magically guess what we want them to do to make us feel loved & important to them. But, if we don't tell our spouse exactly what we want, they may spend a lifetime trying to figure it out, while our marriage suffers as a result:

- For my wife, me cooking & doing the after dinner clean-up means a lot to her-- for others, it may not mean as much.
- You have to **identify** the **specific things** that mean the most to your spouse & then **do them** (Show them the love!)



**If we don't understand our spouse's specific love needs, we'll typically project our own onto them!!**

- We think we're doing something really special (because it's what we would want them to do for us)... & we're surprised & disappointed when it doesn't mean much to them!

## Two Factors that Make the Next 25 Minutes Life-Changing:

Using a **customized approach** enables you to **identify**:

- ✓ Your spouse's **specific love needs**,
- ✓ **How they want you to demonstrate them.**

Once you identify & begin doing these things, your spouse will try & meet your needs & a 'vicious cycle of niceness' begins!

It is **immediate & amazing!!**



Continue on to the next page...

# Risks of Not Doing This



Over time, if some of our spouse's love needs are consistently unmet, then they may find it increasingly difficult to meet our love needs, & a destructive cycle begins that can quickly escalate to create significant tension.

This can turn into a vulnerable situation where many people have made bad choices because someone other than their spouse is seemingly able to meet these important needs.

Alternatively, ***when you begin to meet more of your spouse's love needs, their willingness & ability to meet your love needs also increases...***

As a result, it turns into an amazing relationship where each of you is focused on doing things that mean the most to your spouse...this will ***transform your relationship & your life.***



***Important Note:*** The exercises on the next 2 pages are the transformational part of this worksheet. What you'll likely find is that most of the love needs (next page) are important to each of you & a ***few stand out*** as vital to the ***health*** of your ***marriage***.

The critical part is writing down ***HOW*** you want your spouse to demonstrate your 'Top 6' love needs to you - this is what changes ***everything!***

Take as much time as needed to ***thoroughly discuss*** your ***answers***.

***Acting on what you learn*** will change your marriage ***immediately!***

*Continue on to the next page...*

# LOVE NEEDS: THE MOST IMPORTANT WAYS YOUR SPOUSE SHOWS THEIR LOVE FOR YOU

## Instructions for Love Needs Rankings (10 minutes):

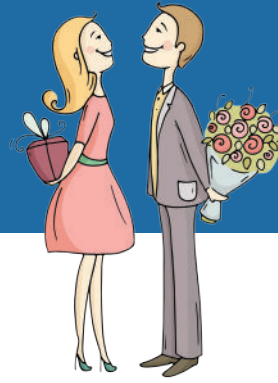
- A list of the most common love needs is below... **rate each** on a scale from **1-10** in terms of **how important they are to you** (10 = **Extremely Important**; 1 = **Not Important at All**)
  - Try and use **10's only** for those areas that are **most important to you**.
- Circle your 6 highest scores & rank-order them** in the "My Top 6 Love Needs" chart on the next page.

HUSBAND It is important that my wife offers me...	LOVE NEEDS
	<b>Unconditional love</b> (love them for who they are; 'unselfish' love, not 'reciprocal' love)
	<b>Complete trust</b> in spouse
	<b>Non-sexual displays of affection</b> - Could be via: <ul style="list-style-type: none"> <li><b>Physical touch:</b> e.g. sincere &amp; genuine loving touch (i.e. not just trying to get arousal &amp; sex; with no intent other than to say "I love you"), holding hands, etc</li> <li><b>Random acts/displays of love</b> - e.g. random hug, random call or text to say "Hello" &amp; "I love you"</li> </ul>
	<b>Close emotional connection</b> - e.g: <ul style="list-style-type: none"> <li>Intimate, <b>relaxed and meaningful conversation</b>, in an atmosphere where you can speak from your heart</li> <li>Involves full engagement and genuine eye contact</li> </ul>
	<b>Random acts of kindness or service</b> (fill in blanks with favorites: _____, _____)
	<b>Respect</b>
	<b>Sincere displays of appreciation or compliments</b>
	<b>Spiritual intimacy</b> (being able to talk about important spiritual topics together)
	<b>Sexual intimacy</b>
	<b>Friendship</b>
	<b>Encouragement</b>
	<b>Physical fitness</b> (spouse staying physically fit)
	<b>Small gifts</b>
	<b>Quality time</b> together (walks, dinner out, picnics, etc.)
	<b>Financial provision</b>
	<b>Physical protection</b>
	<b>Good parent</b> to our kids
	<b>Telling me</b> that I am <b>attractive</b> to you
	<b>Housework</b> (cooking, cleaning, laundry, etc)
	<b>Attention</b> & being <b>attentive to my needs</b>
	<b>Yardwork &amp; home maintenance</b> (lawn care, home repairs, etc)
	Other _____



# “THE TOP 6” Love Needs

*Once completed & you begin to act on what you learn, it will improve your marriage immediately!*



- 1** Rank-order your top 6 Love Needs below (*from the previous page*) in the column labeled **“My Top 6 Love Needs.”**
- 2** Next to each one (*in the column on the right*), write down **your favorite way that your spouse does, or could, demonstrate this type of love to you.**



<b>My Top 6 Love Needs</b> Choose & rank-order from Love Needs chart ( <i>on left page</i> ):	<b>‘Show Me The Love’</b> My favorite ways that my spouse does, or could, demonstrate this type of love to me: ( <i>this is the most <b>CRITICAL</b> part of this workbook!</i> )
1.	
2.	
3.	
4.	
5.	
6.	

*Continue on to the next page...*

# Where Could A Small Amount of Additional Focus Make Things Better?

As the final part of this exercise, take a moment to **review the entire list of love needs** & identify areas, if any, where you think **additional focus from your spouse could help further strengthen your marriage** (it's **important** to **maintain** a **spirit** of **love & kindness** in this exercise)... **This is not a complaint session**, this is *simply an exercise to help each of us understand where we can focus our efforts to better serve our spouse & further strengthen our marriage.*

You may also **include areas** where your spouse may **inadvertently** or **unknowingly** hurt your feelings... sometimes just helping them understand this can improve your marriage dramatically.

**Areas where a small amount of additional focus from my spouse could help further strengthen our marriage:**

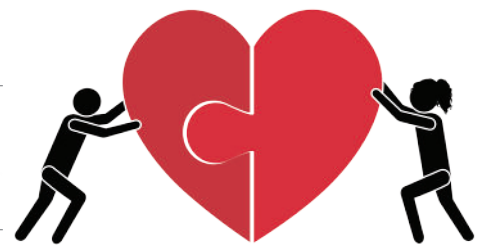
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**When each of you has finished**, get together & share your answers on **page 4**, then focus most of your time on your **answers in the right column on page 7 & bottom of page 8** (above).

*Recommendation: Write-down on the next page what you learn & set recurring reminders on your phone to act on it!*

The **25 Minute**  
**Marriage Makeover**

# Putting It Into Action

## Show them the love!

*Main Take-Aways for Me to Do:*

1

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2

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3

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4

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5

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6

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# HOMework (Optional, but valuable!):



**Each person answers the questions below on your own, then discuss them with your spouse:**

**Favorite foods and/or restaurants....**

1. \_\_\_\_\_ 2. \_\_\_\_\_

**Favorite trips together....** \_\_\_\_\_

**Favorite things to do on weekends....** \_\_\_\_\_

**What are your favorite activities to do:**

• With spouse: \_\_\_\_\_

• By yourself: \_\_\_\_\_

Tip: Offer your spouse time to do something they really enjoy by themselves (you can even offer to take over the completion of a mundane task they are doing so that they can take a break).

**What are your favorite memories with your spouse:** \_\_\_\_\_

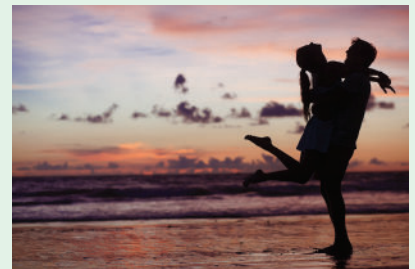
**What do you want in life? What are your dreams?** \_\_\_\_\_

Note: These are fun questions to discuss on an ongoing basis! (they can also add some enjoyment during long periods in the car, on walks, etc)

## Now, make a plan to:

- Do **more activities like the ones you enjoy above** as often as possible, or
- Begin **planning new activities** similar to these, or
- Simply pull out **photos of these experiences** periodically & **enjoy them**

(framing photos from your favorite memories and placing them in popular areas in your home is a great way to remember these fun experiences together)



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