

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

A 25 minute journey that will transform your marriage

**Wife's
Copy**



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

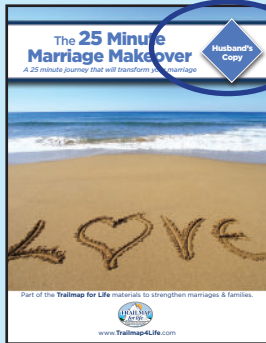


www.Trailmap4Life.com



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!**

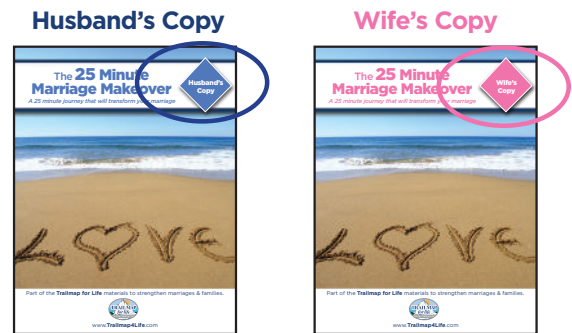
Call **(800) 210-6075** or visit **www.Trailmap4Life.com** for more information.

The 25 Minute Marriage Makeover

A 25 minute journey that will transform your marriage

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

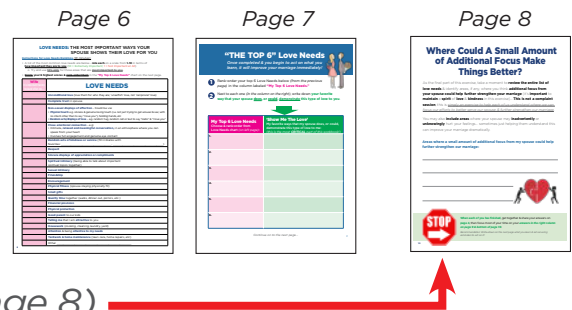
- One labeled “**Husband's Copy**”
- One labeled “**Wife's Copy**”



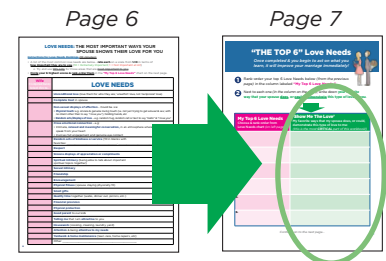
Instructions:

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...

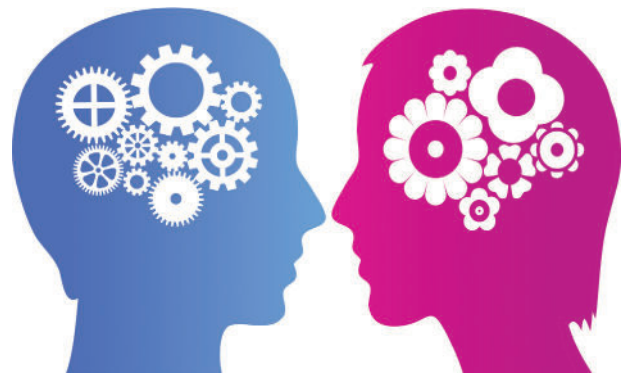


Why This Is Life-Changing

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.

Wife It is important that my husband offers me...	<h2>LOVE NEEDS</h2>
	Unconditional love (love them for who they are; 'unselfish' love, not 'reciprocal' love)
	Complete trust in spouse
	Non-sexual displays of affection - Could be via: <ul style="list-style-type: none"> Physical touch: e.g. sincere & genuine loving touch (i.e. not just trying to get arousal & sex; with no intent other than to say "I love you"), holding hands, etc Random acts/displays of love - e.g. random hug, random call or text to say "Hello" & "I love you"
	Close emotional connection - e.g: <ul style="list-style-type: none"> Intimate, relaxed and meaningful conversation, in an atmosphere where you can speak from your heart Involves full engagement and genuine eye contact
	Random acts of kindness or service (fill in blanks with favorites: _____, _____)
	Respect
	Sincere displays of appreciation or compliments
	Spiritual intimacy (being able to talk about important spiritual topics together)
	Sexual intimacy
	Friendship
	Encouragement
	Physical fitness (spouse staying physically fit)
	Small gifts
	Quality time together (walks, dinner out, picnics, etc.)
	Financial provision
	Physical protection
	Good parent to our kids
	Telling me that I am attractive to you
	Housework (cooking, cleaning, laundry, etc)
	Attention & being attentive to my needs
	Yardwork & home maintenance (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.**



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

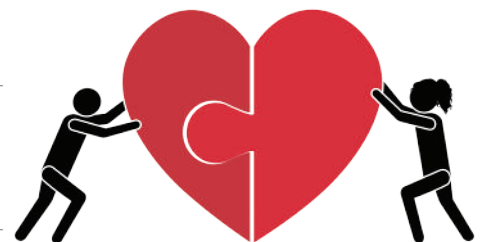
Continue on to the next page...

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:



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!

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Marriage Makeover

Putting It Into Action

Show them the love!

Main Take-Aways for Me to Do:

1

2

3

4

5

6



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: _____

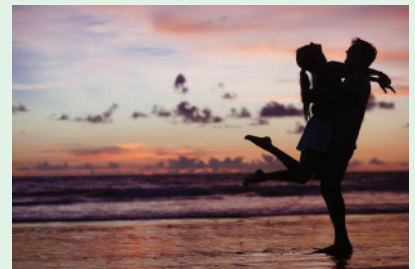
What do you want in life? What are your dreams? _____

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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