

We all want deeper romance in our marriages, but we sometimes assume that our husbands know what we want and how we feel without talking about it. The following questionnaire will help spark some great discussion between you and your husband.

In a Christian marriage, romance involves both relational and sexual intimacy. This questionnaire is divided into two parts: "Stoking the Fires of Romance" and "Boosting Sexual Intimacy."

We suggest that you answer these questions individually and then take some unhurried time to discuss them with your man.

Part One: Stoking the Fires of Romance

Finish these sentences:

I would describe romance as: _____

I believe my husband would describe romance as: _____

Right now, the following obstacles block our way to making romance a priority in our marriage: _____

The three most romantic things my husband has done for me are: _____

I would like my husband to do more of these romantic things in the future: _____

Mark the activities below that help you with a "Y" for yes and those that don't with an "N."

The following gestures help ignite the flames of romance in my life:

- | | |
|---|---|
| <input type="checkbox"/> Candy | <input type="checkbox"/> Dancing |
| <input type="checkbox"/> Flowers | <input type="checkbox"/> Eating out |
| <input type="checkbox"/> Neck rub | <input type="checkbox"/> Sharing recreational time |
| <input type="checkbox"/> Back rub | <input type="checkbox"/> Walks |
| <input type="checkbox"/> Bubble baths | <input type="checkbox"/> Movies |
| <input type="checkbox"/> Lingerie | <input type="checkbox"/> Picnics |
| <input type="checkbox"/> Love notes | <input type="checkbox"/> Talking by firelight |
| <input type="checkbox"/> Praise in front of others | <input type="checkbox"/> A finished "Honey Do" list |
| <input type="checkbox"/> Praise in private | <input type="checkbox"/> Holding my hand |
| <input type="checkbox"/> Gifts | <input type="checkbox"/> Flirting |
| <input type="checkbox"/> Comments of anticipation before lovemaking | |
| <input type="checkbox"/> Spending time together with no agenda | |
| <input type="checkbox"/> Watching you play with the kids | |
| <input type="checkbox"/> Other _____ | |
| <input type="checkbox"/> Other _____ | |

To help your husband choose gifts and plan dates, fill in the following information. When you trade inventories, he can hold onto these pages for future reference.

Clothes Sizes

- Dress: _____
- Pants: _____
- Blouse: _____
- Shoes: _____
- Belt: _____
- Bra: _____
- Panties: _____
- Coat: _____



Volume I

Her Romance Inventory

Favorites

Flowers: _____
Colors: _____
Candy: _____
Foods: _____
Categories of Literature: _____

Type of Movie: _____
Style of Music: _____
Cheap Restaurant: _____
Mid-Price Restaurant: _____
Expensive Restaurant: _____

Part Two: Boosting Sexual Intimacy

Use the following statements to rate various aspects of your sexual relationship.
Use a scale from 1 (strongly disagree) to 5 (strongly agree).

___ We view lovemaking with positive anticipation.
___ We have no trouble deciding when and how to enjoy physical love together.
___ We both communicate during lovemaking by telling each other what is pleasing.

___ We make love often enough.
___ Gentleness and tenderness are a sufficient part of our lovemaking.
___ We have enough variety in our lovemaking.
___ We both sufficiently understand each other's sexual needs and preferences.

In leading up to lovemaking, I like for my husband to: _____

I struggle with the following fears or issues regarding sex: _____

When we are making love, I like for my husband to: _____

My husband could help alleviate those fears or issues by: _____

When we are making love, I become discouraged when my husband: _____

Concerning lovemaking, I've always wanted to tell my husband: _____