



It's All About Love!!!



In February we celebrate World Marriage Day and the feast of St. Valentine. *This month is all about loving relationships.*

Have you thought about the state of the union?

....YOUR union; you and your spouse!! ***How is YOUR union doing?***

With our human failings and hectic lives, even the most caring couple can fall into habits of monotony. Want to spice things up? Really get to know your spouse, your significant other, that very special person in your life — know them in ways you have forgotten amidst long work hours, kids' schedules, honey-do lists, and simply taking one another for granted?

Ask questions!!

And then listen — **REALLY LISTEN** — to their answers. HEAR what they have to say, how they *feel* about the answer!

Need help getting started? The New York Times recently ran an article based on a study from 20 years ago authored by Arthur Aron. Researchers found that pairs who asked and answered the 36 increasingly probing and intimate questions Aron developed created a deep bond. The questions, along with some of our own, are listed here. It was suggested to take turns asking and answering each question, in the order listed, followed by a full four minutes of looking intently into the other's eyes. While you may not have a couple of hours to answer all of the questions at one sitting, taking time out for just the two of you, and having discussions based on these questions, just might enhance the intimacy of your relationship, and give you something to talk about besides dinner, schedules and kids!

And.....You just might fall in love all over again!

- Given the choice of anyone in the world, whom would you want as a dinner guest?
- Would you like to be famous? In what way?
- Before making a telephone call, do you ever rehearse what you are going to say? Why?
- What is the greatest compliment you have been given? By who? How did it make you feel?
- What would constitute a "perfect" day for you?
- When did you last sing to yourself? To someone else?
- If you were able to live to the age of 90 and retain either the mind or body of a 30 year old for the last 60 years of your life, which would you want?
- Do you have a secret hunch about how you will die?
- Name three things you and your partner appear to have in common.
- For what in your life do you feel most grateful?
- If you could change anything about the way you were raised, what would it be?
- Take four minutes and tell your partner your life story in as much detail as possible.
- If you could wake up tomorrow having gained any one quality or ability, what would it be?
- If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
- Is there something you have dreamed of doing for a long time? Why haven't you done it?



- What is the greatest accomplishment of your life?
- What do you value most in a friendship?
- What is your most treasured memory?
- What is your most terrible memory?
- If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
- What does friendship mean to you?
- What role do love and affection play in your life?
- Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
- How close and warm is your family? Do you feel your childhood was happier than most other people's?
- How do you feel about your relationship with your mother?
- Make three true "we" statements each. For instance, "We are both in this room feeling...."
- Complete this sentence: "I wish I had someone with whom I could share...."
- If you were going to become a close friend with your partner, please share what would be important for him or her to know.
- Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
- Share with your partner an embarrassing moment in your life.
- When did you last cry in front of another person? By yourself?
- Tell your partner something that you like about them.
- What, if anything, is too serious to be joked about?
- If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
- Your house, containing everything you own, catches fire. After saving your loved one and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
- Of all the people in your family, whose death would you find most disturbing? Why?
- Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

Happy conversing!

For more great information on keeping a marriage strong see:

For Your Marriage website: www.foryourmarriage.org

Marriage Encounter of Northern Indiana: www.wvme-ni.org

To help heal a troubled marriage, see Retrouvaille: www.HelpOurMarriage.com

For the New York Times article see:

www.mobile.nytimes.com/2015/01/11/fashion/modern-love-to-fall-in-love-with-anyone-do-this.html?referrer=

