



EXERCISE: How we make meaning in our relationship

To take this very brief memory quiz, answer the questions below in the blanks provided *without consulting your spouse*.

How many days has it been since you and your spouse...

- a. ... Had a serious argument? _____
- b. ... Went on a real date? _____
- c. ... Took a walk together? _____
- d. ... Did an important errand together? _____
- e. ... Visited with friends? _____
- f. ... Had a serious discussion about your relationship? _____
- g. ... Had sex? _____
- h. ... Made an important decision together? _____
- i. ... Laughed hard at something together? _____
- j. ... Made a major purchase together? _____

When you are both done, share your answers.