

## Marriage Enrichment Exercise

### Keeping our relationship up-to-date

Early in a new year is one of those times we can reflect on our relationships as a way of keeping them up-to-date. we invite you to use this couple exercise from Gerlinde and Ian Spencer to do a relationship check-up.

**Prepare your answers separately before taking it in turn to share them with each other. When you have finished the exercise do something to celebrate your relationship.**

Looking back on our marriage over time I really appreciate your contribution:

To me personally

To our relationship

To our family

Looking back on our marriage I regret/ask for your forgiveness for:

Thinking about our marriage at present I want to thank you for:

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Looking to the future these are:

My hopes

My fears

My dreams