**IMMACULATE HEART OF MARY**

**FATHERS’ TEAM – FEBRUARY 10, 2012**

**THE SEASONS OF MARRIAGE—QUESTIONS FOR REFLECTION & DISCUSSION**

1. My wife and I have had a serious and in-depth discussion about how our marriage has changed? What are those changes, both good and challenging?
2. My wife and I have honestly talked about the changes that we have seen and are experiencing in one another? How have I changed and how has my wife changed?
3. I have talked with my wife about the events / behaviors / and other things that I think have most strengthened our marriage? What are those things?
4. I have talked with my wife about the events / behaviors / and other things that I think are placing our relationship and our marriage in difficulty or even at risk? What are those things?
5. If there are certain behaviors that are decidedly placing your marriage in difficulty, how can you and your wife formulate a plan to stop or change those behaviors?
6. My wife and I have identified and discussed those things which most nourish our relationship? What, specifically, are those things? Are you doing them? How often? If not, why not? Can you jointly establish a plan with your wife to reinstate those things that most nourish your relationship?
7. If I could change one thing about my relationship with my wife, to improve our relationship, what would that be?
8. How would my wife answer this same question—If I could change one thing about my relationship with my husband, to improve our relationship, what would that be?
9. My wife and I are praying together? Under what circumstances are you praying together? Can you find ways to improve the way you are praying together, the types of prayer you are using, and how often you pray together?