

Honoring Your Spouse

By Scott Couchenour, Certified Life Coach

If you're in a people-helping field and married, your spouse is married to your profession. Sometimes the lines between your work and marriage get blurry. Walk too long in a blur and you risk running into the wall.

To keep work from negatively impacting marriage, I have found it extremely vital to understand my spouse as best I can. One of the greatest ways I've found to enhance my relationship with her is to become a student of her. It's not an idea unique to me but it has served me well over the years.

To honor our spouse, we intentionally try to learn all we can about them and apply that learning to life. For example, in my learning about my wife I discover she likes to read novels while sipping coffee at a coffee shop. That's the nugget of information. Next, I apply it to life by remembering on her birthday to get her a good fiction book and \$5.00 gift card to a local coffee shop where she can go and get her favorite soy latte and read on her day off.

These nuggets of information can be anything. Go ahead. Take the following 30-question quiz to see how much you know about your spouse:

1. What are their favorite TV shows?
2. What music do they like?
3. What style of clothing do they like?
4. What is their favorite candy?
5. Favorite holiday?
6. What gets them mad? Happy?
7. What are they most afraid of in life?
8. How did 911 impact them?
9. Are they a hugger or a hand-shaker?
10. Are they a morning person or like to stay up late?
11. What is their favorite place to visit?
12. Who do they admire?
13. Who do they want to be more like?
14. What's their favorite color?
15. Do they like to be tickled?
16. Is their hair naturally curly or straight?
17. What kind of shampoo do they use?
18. Do they sit close to the steering wheel or far away from it when they drive?
19. Are they drawn to organization or creative clutter?
20. What household chores do they enjoy? Which ones do they abhor?

21. What is their view on capital punishment?
22. What kind of relationship do/did they have with their father?
23. Do they still have siblings alive? What place in the birth order are they?
24. Do they like their pillows soft or firm?
25. Do they like to swim?
26. Are their hands always cold or warm?
27. What is their vision prescription? Do they prefer contacts or glasses?
28. What is their going-to-bed routine?
29. What is their getting-ready-for-the-day routine?
30. Do they swing their arms when they walk?

How'd you do? To assist you in the honoring process, I have attached a spreadsheet with the same questions and room for you to fill in the answers. Perhaps you and your spouse could fill out the answers together for each other. Reciprocal honoring is always welcome in any relationship.

When we are learning about our spouse and apply the learning for greater intimacy, we love & honor them. When we honor them, our marriage is stronger. When our marriage is strong, our work with people ministry is strong. So start honoring your spouse today!



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Visit the Serving Strong website at www.servingstrong.com for more information.

Area	Answer
1. Favorite TV shows	
2. Type of music they like	
3. Style of clothing they like	
4. Favorite candy	
5. Favorite holiday	
6. What makes them mad (or happy)	
7. What they are most afraid of in life	
8. How 911 impacted them	
9. Are they a hugger or a hand-shaker?	
10. Are they a morning person or night owl?	
11. Favorite place to visit	
12. Who they admire	
13. Who they want to be more like	

14. Favorite color	
15. Do they like to be tickled?	
16. Is their hair naturally curly or straight?	
17. Brand of shampoo do they use	
18. Sit close to the steering wheel or far away from it?	
19. Are they drawn to organization or creative clutter?	
20. Household chores they enjoy (or abhor)	
21. Their view on capital punishment	
22. Kind of relationship they have/had with their father	
23. Where they are in the birth order of their family	
24. Do they like soft or firm pillows?	
25. Do they like to swim?	
26. Are their hands always cold or warm?	
27. Vision prescription (prefer contacts or glasses?)	

28. Their going-to-bed routine	
29. Their getting-ready-for-the-day routine	
30. Do they swing their arms when they walk?	