

# CONNECTION SNAPSHOT

How strong is your connection?  
Fill out a survey each then come together and discuss your answers.



1. What helps you feel connected to your spouse? (be as specific as you can)

2. What makes you feel disconnected from your spouse? (be as specific as you can)

3. How often do you have a date?

- Weekly       Every 3 months  
 Fortnightly       Less than that  
 Monthly

Are you satisfied with that frequency?  
If no, what could you do about it?

4. Do you spend time every day talking, connecting, debriefing & laughing distraction-free?

- Yes       No

Are you satisfied with your daily level of connection?

- Yes       No

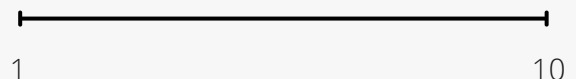
How could you work on this together?

5. How connected to your spouse do you feel (in general)?

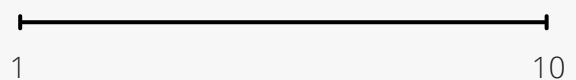
- Very disconnected  
 A little disconnected  
 Ok, could be better  
 Quite connected  
 Very strong

What could you do to improve it right now?

6. On a scale of 1 - 10 how aware are you of your level of connection (day to day)



On a scale of 1 - 10 how intentional are you at connecting every day?



7. List a bunch of dates you'd love to try one day here. Brainstorm together.