

Agape Love Plan

Financial

<input type="checkbox"/>	Health Care Costs	<input type="checkbox"/>	High Cost of Living
<input type="checkbox"/>	Lack of Money	<input type="checkbox"/>	Inflation
<input type="checkbox"/>	Low Wages	<input type="checkbox"/>	Unemployment
<input type="checkbox"/>	Too Much Debt	<input type="checkbox"/>	Loss of Job
<input type="checkbox"/>	Not Enough Money to Pay Debts	<input type="checkbox"/>	Taxes
<input type="checkbox"/>	College Expenses	<input type="checkbox"/>	Lack of Savings
<input type="checkbox"/>	Retirement Savings	<input type="checkbox"/>	Social Security
<input type="checkbox"/>	Cost of Owning/Renting a Home	<input type="checkbox"/>	Investments
<input type="checkbox"/>	Transportation/Commuting costs	<input type="checkbox"/>	Uncontrolled Spending
<input type="checkbox"/>	Cost of Owning/Renting an Apartment	<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a moral value that both the husband and wife should exhibit to eliminate financial problems.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified financial problem.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate the identified financial problem. What can the husband do to eliminate the identified financial problem that is different from his wife? What can the wife do to eliminate the identified financial problem that is different from her husband?

Husband: _____

Wife: _____

Communication

<input type="checkbox"/>	Listening	<input type="checkbox"/>	Caring
<input type="checkbox"/>	Tone of Voice	<input type="checkbox"/>	Hitting Below the Belt
<input type="checkbox"/>	Remaining Calm	<input type="checkbox"/>	Facts vs. Fiction
<input type="checkbox"/>	Expressing Appreciation	<input type="checkbox"/>	Sincerity
<input type="checkbox"/>	Talking at the Same Time	<input type="checkbox"/>	Scheduling Talk Time
<input type="checkbox"/>	Thinking Before Speaking	<input type="checkbox"/>	Body language
<input type="checkbox"/>	Active Listening	<input type="checkbox"/>	Being Specific
<input type="checkbox"/>	Being Understood	<input type="checkbox"/>	Attitude
<input type="checkbox"/>	Staying Calm	<input type="checkbox"/>	Using humor
<input type="checkbox"/>	Yielding to Each Other	<input type="checkbox"/>	Making Physical Contact
<input type="checkbox"/>	Interrupting	<input type="checkbox"/>	Set a Timer
<input type="checkbox"/>	Expressing Negative Feelings Constructively	<input type="checkbox"/>	More "I" Statements and less "You" Statements
<input type="checkbox"/>	Finishing Sentences	<input type="checkbox"/>	Harping on (Possibly Hopeless) Issues
<input type="checkbox"/>	Freely Expressing Positive Feelings	<input type="checkbox"/>	Expecting Your Husband/Wife to Read Your Mind
<input type="checkbox"/>	Focusing on the Negative	<input type="checkbox"/>	Stonewalling
<input type="checkbox"/>	Not Saying What You Want or Think	<input type="checkbox"/>	Not Considering Things from the Other Person's Point of View
<input type="checkbox"/>	Needing to Feel Connected	<input type="checkbox"/>	Forgetting to Pause
<input type="checkbox"/>	Share Appreciations	<input type="checkbox"/>	Other_____

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate communication problems.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified communication problem.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate the identified communication problem. What can the husband do to eliminate the identified communication problem that is different from his wife? What can the wife do to eliminate the identified communication problem that is different from her husband?

Husband: _____

Wife: _____

Family

<input type="checkbox"/>	Change in Family Circumstances (New baby, divorce/separation, blending families)	<input type="checkbox"/>	Presence of Mentally Deficient or Physically Handicapped Children
<input type="checkbox"/>	Bullying/Harassment	<input type="checkbox"/>	Natural Disasters
<input type="checkbox"/>	Feeling Isolated, Alone or Withdrawn	<input type="checkbox"/>	Being Far from the Family
<input type="checkbox"/>	Being Too Close to Family	<input type="checkbox"/>	Some Family Members Stress You Out
<input type="checkbox"/>	Getting the Family Organized	<input type="checkbox"/>	Divvying Up Chores
<input type="checkbox"/>	Agreeing on Parenting Decisions	<input type="checkbox"/>	Balancing Work and Home Life
<input type="checkbox"/>	Staying Close Knit	<input type="checkbox"/>	Effective Discipline Strategies
<input type="checkbox"/>	Resolving Differences Between Family Members	<input type="checkbox"/>	Different Cultures and Viewpoints
<input type="checkbox"/>	Academic Concerns in Children and Adolescents	<input type="checkbox"/>	Behavioral Issues in Children and Adolescents.
<input type="checkbox"/>	Prolonged Illness	<input type="checkbox"/>	Accidents
<input type="checkbox"/>	Usual and Expected Crisis	<input type="checkbox"/>	Pregnancy of Unmarried Daughter
<input type="checkbox"/>	Stress	<input type="checkbox"/>	Grief
<input type="checkbox"/>	Suicide	<input type="checkbox"/>	Parent-Child Power Struggles
<input type="checkbox"/>	Children Who Argue All the Time	<input type="checkbox"/>	Learning to Live as a New Couple
<input type="checkbox"/>	Child Becoming a Young Person	<input type="checkbox"/>	Young Person Becoming an Adult
<input type="checkbox"/>	Moving to a New House or Country	<input type="checkbox"/>	Lack of Forgiveness for Minor Misdeeds or Accidents
<input type="checkbox"/>	Adoption	<input type="checkbox"/>	Travelling Long Distances to Work
<input type="checkbox"/>	Poor or Overcrowded Housing	<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate family problems.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified family problem.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate family problems. What can the husband do to eliminate the identified family problem that is different from his wife? What can the wife do to eliminate the identified family problem that is different from her husband?

Husband: _____

Wife: _____

Sex

<input type="checkbox"/>	Desire disorders - lack of sexual desire or interest in sex
<input type="checkbox"/>	Arousal disorders - inability to become physically aroused or excited during sexual activity
<input type="checkbox"/>	Orgasm disorders - delay or absence of orgasm (climax)
<input type="checkbox"/>	Pain disorders - pain during intercourse
<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate sexual problems.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified sexual problem.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate sexual problems. What can the husband do to eliminate the identified sexual problem that is different from his wife? What can the wife do to eliminate the identified sexual problem that is different from her husband?

Husband: _____

Wife: _____

Friends

1. _____
2. _____
3. _____
4. _____
5. _____

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate problems with friends.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate problems with the identified friend.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate problems with friends. What can the husband do to eliminate problems with the identified friend that is different from his wife? What can the wife do to eliminate problems with the identified friend that is different from her husband?

Husband: _____

Wife: _____

Addictions

<input type="checkbox"/>	Alcohol	<input type="checkbox"/>	Tobacco
<input type="checkbox"/>	Opioids (like heroin)	<input type="checkbox"/>	Cocaine
<input type="checkbox"/>	Prescription Drugs (sedatives, hypnotics, or anxiolytics like sleeping pills and tranquilizers)	<input type="checkbox"/>	Intermittent explosive disorder (compulsive aggressive and assaultive acts)
<input type="checkbox"/>	Cannabis (marijuana)	<input type="checkbox"/>	Hallucinogens
<input type="checkbox"/>	Amphetamines (like methamphetamine, known as meth)	<input type="checkbox"/>	Phencyclidine (known as PCP or Angel dust)
<input type="checkbox"/>	Inhalants	<input type="checkbox"/>	Kleptomania (compulsive stealing)
<input type="checkbox"/>	Pyromania (compulsive setting of fires)	<input type="checkbox"/>	Gambling
<input type="checkbox"/>	Food (eating)	<input type="checkbox"/>	Sex
<input type="checkbox"/>	Pornography (attaining, viewing)	<input type="checkbox"/>	Using Computers / Internet
<input type="checkbox"/>	Playing video games	<input type="checkbox"/>	Working
<input type="checkbox"/>	Exercising	<input type="checkbox"/>	Spiritual obsession (as opposed to religious devotion)
<input type="checkbox"/>	Pain (seeking)	<input type="checkbox"/>	Cutting
<input type="checkbox"/>	Shopping	<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate marriage problems associated with addictions.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified marriage problems associated with addictions.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate marriage problems associated with addictions. What can the husband do eliminate marriage the identified problem associated with addictions that is different from his wife? What can the wife do eliminate the identified marriage problem associated with addictions that is different from her husband?

Husband: _____

Wife: _____

Abuse

<input type="checkbox"/>	Preventing you from having or keeping a job	<input type="checkbox"/>	Controlling your access to financial information
<input type="checkbox"/>	Interfering with your efforts to maintain a job by sabotaging childcare, transportation, or other arrangements	<input type="checkbox"/>	Expecting you to behave in a certain way because you make less money or are not the “breadwinner”
<input type="checkbox"/>	Harassing you at work	<input type="checkbox"/>	Not allowing you to talk to others about money
<input type="checkbox"/>	Refusing to work	<input type="checkbox"/>	Not allowing your name to be on accounts, which would allow you to build credit
<input type="checkbox"/>	Not including you in family financial decisions	<input type="checkbox"/>	Forcing you to put your name on accounts and then destroying your credit
<input type="checkbox"/>	Not allowing you access to the family finances	<input type="checkbox"/>	Making fun of your financial contribution and saying it is not worth anything
<input type="checkbox"/>	Making you ask for money	<input type="checkbox"/>	Unwanted touching
<input type="checkbox"/>	Taking your money	<input type="checkbox"/>	Demanding sex
<input type="checkbox"/>	Demanding an account of everything you buy	<input type="checkbox"/>	Forcing sex
<input type="checkbox"/>	Name-calling with sexual epithets	<input type="checkbox"/>	Demanding sex after a violent incident
<input type="checkbox"/>	Forcing you to engage in prostitution or pornography	<input type="checkbox"/>	Forcing you to have sex with others besides your partner
<input type="checkbox"/>	Insisting on anything sexual that frightens or hurts you	<input type="checkbox"/>	Refusing to use safe sex practices
<input type="checkbox"/>	Preventing you from using birth control	<input type="checkbox"/>	Controlling your decisions about pregnancy
<input type="checkbox"/>	Withholding sex as a form of control	<input type="checkbox"/>	Videotaping or photographing sexual acts and posting it without your permission
<input type="checkbox"/>	Unwanted Pushing	<input type="checkbox"/>	Pinching or biting
<input type="checkbox"/>	Slapping, beating, or kicking	<input type="checkbox"/>	Choking
<input type="checkbox"/>	Backing you into a corner	<input type="checkbox"/>	Pinning you down
<input type="checkbox"/>	Throwing objects	<input type="checkbox"/>	Pulling your hair
<input type="checkbox"/>	Holding you captive	<input type="checkbox"/>	Breaking down a door to get to you
<input type="checkbox"/>	Preventing you from eating or sleeping	<input type="checkbox"/>	Locking you out of the house

<input type="checkbox"/>	Abandoning you in dangerous places	<input type="checkbox"/>	Keeping you from getting medical care
<input type="checkbox"/>	Blaming	<input type="checkbox"/>	Criticizing
<input type="checkbox"/>	Accusing	<input type="checkbox"/>	Questioning your sanity
<input type="checkbox"/>	Belittling your academic focus/choice,	<input type="checkbox"/>	Saying you don't love your partner if you spend time on work instead of spending time together
<input type="checkbox"/>	Insulting	<input type="checkbox"/>	Humiliation
<input type="checkbox"/>	Name calling	<input type="checkbox"/>	Yelling
<input type="checkbox"/>	Telling hurtful "jokes" despite your requests to stop	<input type="checkbox"/>	Taking your statements out of context
<input type="checkbox"/>	Animal cruelty towards pets	<input type="checkbox"/>	Degrading you in front of friends and family
<input type="checkbox"/>	Driving at unsafe speeds to intimidate you	<input type="checkbox"/>	Stalking
<input type="checkbox"/>	Using or threatening to use a weapon against you	<input type="checkbox"/>	Refusing to help you when you are sick, injured, or pregnant
<input type="checkbox"/>	Spitting on you	<input type="checkbox"/>	Withholding medications or medical treatment
<input type="checkbox"/>	Blaming you for poor grades	<input type="checkbox"/>	Making fun of you for studying too much
<input type="checkbox"/>	Monitoring your e-mail communication	<input type="checkbox"/>	Sending you repeated text messages
<input type="checkbox"/>	Using your online identity to post false information or to send your demographic information and/or picture to sexually oriented or pornographic sites	<input type="checkbox"/>	Using social networking sites, like Facebook and Myspace, to get information about you and to monitor who sends you messages and who your friends are
<input type="checkbox"/>	Using GPS devices to monitor your location	<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate abuse problems in the marriage.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified abuse problem in the marriage.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate abuse problems in the marriage. What can the husband do to eliminate the identified abuse problem in the marriage that is different from his wife? What can the wife do to eliminate the identified abuse problem in the marriage that is different from her husband?

Husband: _____

Wife: _____

Personality Conflicts

<input type="checkbox"/>	Background differences – gender, ethnicity, social economic status, political views, and religious backgrounds can cause people to view situations with different perspectives.
<input type="checkbox"/>	Attitude differences – cynicism, arrogance, and irritability all contribute to an attitude of negativity.
<input type="checkbox"/>	Competitive – some people feel the need to compete and compare constantly.
<input type="checkbox"/>	Extroversion - the state of primarily obtaining gratification from outside oneself
<input type="checkbox"/>	Introversion - the state of being predominantly interested in one's own mental self
<input type="checkbox"/>	Neuroticism - Tendency to experience emotional instability, anxiety, moodiness, irritability, and sadness, as well as having a low tolerance for stress.
<input type="checkbox"/>	UUJS - Unfeeling Uncaring Judging Screaming
<input type="checkbox"/>	LTHR - Lurking Touching Hurting Regretting
<input type="checkbox"/>	LDCL - Lying Denying Confessing Lying
<input type="checkbox"/>	SDLF - Smoking Dancing Laughing [Sex]
<input type="checkbox"/>	MWCL - Moping Whining Crying Leaping
<input type="checkbox"/>	LBOI - Loving Buying Owing Impoverishing
<input type="checkbox"/>	HMAD - Hating Marrying Abusing Divorcing
<input type="checkbox"/>	RSBF - Running Swimming Boxing Fencing
<input type="checkbox"/>	WDDD - Writing Drinking Drinking Drinking
<input type="checkbox"/>	OSTQ - Opening Sniffing Tasting Questioning
<input type="checkbox"/>	ESVP - Eating Sleeping Videogame Playing
<input type="checkbox"/>	Type A - Ambitious Competitive Practical Impatient Aggressive
<input type="checkbox"/>	Type B – Relaxed Cheerful Patient To Casual Procrastinator
<input type="checkbox"/>	Type C – Systemic Thoughtful Sensitive Cautious Critical
<input type="checkbox"/>	Type D – Distressed Negative Pessimistic Depressed Socially Inhibited
<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate personality conflicts in the marriage.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified personality conflict in the marriage.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate personality conflicts in the marriage. What can the husband do to eliminate the identified personality conflict in the marriage that is different from his wife? What can the wife do to eliminate the identified personality conflict in the marriage that is different from her husband?

Husband: _____

Wife: _____

Expectations

<input type="checkbox"/>	Money: Spender vs. Saver? Will we join our bank accounts? Who will manage our money? What will we spend our money on? When do we need to check with the other before spending? What are our savings goals?
<input type="checkbox"/>	Sex/Romance/Affection: How often will we be sexually intimate? What's OK in the bedroom and what's not? Non-sexual intimacy vs. sexual intimacy? Are PDA's (public displays of affection) ok? Cuddling?
<input type="checkbox"/>	In-laws/Extended Family: How much time will we spend with them weekly, monthly, yearly? How involved will they be in our relationship? How will we divide holidays between yours and mine?
<input type="checkbox"/>	Kids: Discipline styles? Activities: Which ones and how much? How much time away will we take from our kids weekly, monthly, yearly? Which of us will stay home with the kids or will we put them in childcare? Who will provide childcare – a daycare or family? What kind of schooling?
<input type="checkbox"/>	Holidays/Celebration: How, where, when with whom will we celebrate? Are birthdays/anniversaries a big deal? Will we celebrate Valentine's Day? If so, how?
<input type="checkbox"/>	Chores: Who does what? Do we fall into gender stereotypes? Are we ok with that? Will we hire someone to do them?
<input type="checkbox"/>	Organized vs. Disorganized: Tidy vs. messy? Structured vs. free spirit? Planner vs. spontaneous?
<input type="checkbox"/>	Entertainment/Vacations: Differing vacation/relaxation styles? For date nights, will we go out or stay home? Vacay or staycay? Hotel vs. camping? Mountains vs. tropical beach? Movie vs. museum vs. ballgame? How will we spend our down time: Productive or mindless?
<input type="checkbox"/>	Communication: Talker vs. quiet? Differing styles: internal processor vs. external processor? Are we emotionally available to each other (e.g., available, responsive, engaged)?
<input type="checkbox"/>	Conflict Styles: Avoider vs. pursuer? Passive aggressive vs. direct?
<input type="checkbox"/>	Spiritual: What is a "spiritual leader"? Who will be the spiritual leader? Where will we go to church? How much will we be involved/volunteer? Will we pray together? Quiet times together? If so, when? How often?
<input type="checkbox"/>	Work/Career: Will we ever work overtime? Will we travel for work? If so, how much is ok? Are we willing to relocate if necessary? Does work-related stress spill into home-life? Will we both have a full-time career?
<input type="checkbox"/>	Other:

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate expectation differences.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified expectation differences.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate expectation differences. What can the husband do to eliminate the identified expectation differences that is different from his wife? What can the wife do to eliminate the identified expectation differences that is different from her husband?

Husband: _____

Wife: _____

Time Constraints

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Spiritual | <input type="checkbox"/> Physical |
| <input type="checkbox"/> Family | <input type="checkbox"/> Employment/Work |
| <input type="checkbox"/> Social | <input type="checkbox"/> Recreation/Fun |
| <input type="checkbox"/> Educational | <input type="checkbox"/> Financial |

Moral behaviors involve conforming to standards of right or just behaviors. Using the value chart on pages 77 to 79, write below a different moral value that both the husband and wife should exhibit to eliminate time constraint problems in the marriage.

Cooperative behavior requires working or acting together for a common purpose or benefit. In what ways can you and your spouse work together to eliminate the identified time constraint problem.

An interdependent relationship is a close personal relationship between two people, where one or both provide some type of support and care for each other. In this case, the husband and wife are dependent on each other to eliminate time constraint problems. What can the husband do to eliminate the identified time constraint problem that is different from his wife? What can the wife do to eliminate the identified time constraint problem that is different from her husband?

Husband: _____

Wife: _____

Moral Values

Abundance	A very large quantity of something.
Accountability	The fact or condition of being accountable; responsibility.
Achievement	A thing done successfully with effort, skill, or courage.
Adaptability	The quality of being able to adjust to new conditions.
Advancement	The process of promoting a cause or plan.
Adventure	An unusual and exciting or daring experience.
Affection	A gentle feeling of fondness or liking.
Appreciation	Recognition and enjoyment of the good qualities of someone or something.
Attentiveness	The action of paying close attention to something.
Attractiveness	The quality of being pleasing or appealing to the senses.
Authenticity	The quality of being authentic.
Balance	An even distribution of weight enabling someone or something to remain upright and steady.
Caring	Displaying kindness and concern for others.
Change	Make or become different.
Charity	The voluntary giving of help, typically in the form of money, to those in need.
Collaboration	The action of working with someone to produce something.
Commitment	The state or quality of being dedicated to a cause, activity, etc.
Communication	The successful conveying or sharing of ideas and feelings.
Compassion	Sympathetic pity and concern for the sufferings or misfortunes of others.
Competence	The ability to do something successfully or efficiently.
Connectedness	The state of being joined or linked.
Contentment	A state of happiness and satisfaction.
Cooperation	The action or process of working together to the same end.
Courage	Strength in the face of pain or grief.
Courtesy	The showing of politeness in one's attitude and behavior towards others.
Credibility	The quality of being trusted and believed in.
Dedication	The quality of being dedicated or committed to a task or purpose.
Dependability	The quality of being trustworthy and reliable.
Empowerment	The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.
Ethics	Moral principles that govern a person's behavior or the conducting of an activity.
Fairness	Impartial and just treatment or behavior without favoritism or discrimination.
Faith	Strong belief in the doctrines of a religion, based on spiritual conviction rather than proof.
Fidelity	Faithfulness to a person, cause, or belief, demonstrated by continuing loyalty and support.
Forgiveness	The action or process of forgiving or being forgiven.
Friendliness	The quality of being friendly; affability.
Friendship	A state of mutual trust and support.
Frugality	The quality of being economical with money or food; thriftiness.

Generosity	The quality of being kind and generous.
Gentleness	The quality of being kind, tender, or mild-mannered.
God	Jesus Christ – the son of God
Goodness	The quality of being morally good or virtuous.
Goodwill	Friendly, helpful, or cooperative feelings or attitude.
Gratitude	The quality of being thankful; readiness to show appreciation for and to return kindness.
Happiness	The state of being happy.
Harmony	The state of being in agreement or concord.
Healing	The process of making or becoming sound or healthy again.
Health	The state of being free from illness or injury.
Integrity	The quality of being honest and having strong moral principles.
Joyfulness	Feeling, expressing, or causing great pleasure and happiness.
Kindness	The quality of being friendly, generous, and considerate.
Love	A strong feeling of affection and sexual attraction for someone.
Loyalty	A strong feeling of support or allegiance.
Meekness	The fact or condition of being meek; submissiveness.
Mercy	Compassion or forgiveness shown towards someone whom it is within one's power to punish or harm.
Order	A state in which everything is in its correct or appropriate place.
Openness	Lack of secrecy or concealment; frankness.
Partnership	The state of being a partner or partners.
Passion	An intense desire or enthusiasm for something.
Patience	The capacity to accept or tolerate delay, problems, or suffering without becoming annoyed or anxious.
Peace	Freedom from disturbance; tranquility.
Perseverance	Persistence in doing something despite difficulty or delay in achieving success
Persistence	The fact of continuing in an opinion or course of action in spite of difficulty or opposition.
Productivity	The state or quality of being productive.
Problem Solving	To find a solution to a difficult or complex question or situation; to engage in the actions or thoughts necessary to discover solutions to problems
Promotion	Activity that supports or encourages a cause, venture, or aim.
Prosperity	The state of being prosperous.
Purpose	The reason for which something is done or created or for which something exists.
Respect	A feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements.
Responsibility	The state or fact of having a duty to deal with something or of having control over someone.
Security	The state of being free from danger or threat.
Self-control	The ability to control oneself, in particular one's emotions and desires, especially in difficult situations.
Sharing	A person's part in or contribution to something.

Spirituality	The quality of being concerned with the human spirit or soul as opposed to material or physical things.
Stability	The state of being stable.
Stewardship	The job of supervising or taking care of something, such as an organization or property.
Submission	The action of accepting or yielding to a superior force or to the will or authority of another person.
Success	The accomplishment of an aim or purpose.
Teamwork	The combined action of a group, especially when effective and efficient.
Thankfulness	The act of expressing gratitude and relief.
Tolerance	The ability or willingness to tolerate the existence of opinions or behavior that one dislikes or disagrees with.
Trust	Acceptance of the truth of a statement without evidence or investigation.
Truth	The quality or state of being true.
Understanding	An informal or unspoken agreement or arrangement.
Uniqueness	The quality of being the only one of its kind.
Virtue	Behavior showing high moral standards.
Wealth	An abundance of valuable possessions or money.
Wisdom	The quality of having experience, knowledge, and good judgement; the quality of being wise.

Luveuphoria Assessment

For each category listed below, write down the number of non-sexual contacts that you have had with your spouse in the past 7 days.

	Non-sexual Contact Inventory	Quantity
1.	Hugs	
2.	Back Rubs	
3.	Holding hands	
4.	Walks (not speed walking)	
5.	Foot massage	
6.	Body massage	
7.	Gentle touch to the face	
8.	Arm around body (Waist/Shoulder)	
9.	Hand on thigh or knee (Remember Non-sexual)	
10.	Dancing together	
11.	Napping in the same bed (or one sofa, close together on the floor, etc.)	
12.	Caressing/stroking the body, over clothing or under clothes/without clothes on	
13.	Nuzzling	
14.	Scratching (Including those hard to reach places)	
15.	Biting	
16.	Playing with hair	
17.	Kissing the mouth (close-mouthed, no tongue)	
18.	Kissing the mouth (open-mouthed, with or without tongue)	
19.	Gentle touch on the shoulder	
20.	Sitting close enough that bodies touch	
21.	Arm around waist	
22.	Playful (Wanted) tickling	
23.	Cuddling, with clothes on	
24.	Cuddling, with clothes off (typically, with underwear still on)	
25.	Kissing the body (excluding the genital region and breasts)	
	Total	

Rating _____

Ahab and Jezebel

King Ahab and Queen Jezebel served as leaders of the northern kingdom of Israel during a time of much evil in the land. King Ahab was a Jewish king who married a Sidonian woman named Jezebel and became involved in worshipping Baal, the god of her people. Ahab built a house to Baal in the capital city of Samaria and made an Asherah pole as a tool of pagan worship. We are told, “Ahab did more to provoke the LORD, the God of Israel, to anger than all the kings of Israel who were before him” (1 Kings 16:33).

Jezebel was likewise known for her evil actions. She was the daughter of Ethbaal, king of the Sidonians. After her marriage to Ahab, her first recorded action was cutting off the prophets of the Lord (1 Kings 18:4). Obadiah, a God-fearing officer in Ahab’s court, noted that Jezebel killed many prophets, despite Obadiah’s efforts to save them: “Has it not been told my lord what I did when Jezebel killed the prophets of the LORD, how I hid a hundred men of the LORD’s prophets by fifties in a cave and fed them with bread and water?” (1 Kings 18:13–14).

It was during the time of Ahab and Jezebel that Elijah was the prophet in Israel. Satan had his couple on the throne, but God had His man in the field, performing miracles and leading a revival against Baal-worship. The three-and-a-half-year drought that Elijah prayed for was part of God’s judgment on the wickedness of the nation and its leaders.

When Elijah confronted Ahab near the end of the drought, the king said to him, “Is that you, you troubler of Israel?” (1 Kings 18:17). But Ahab had it wrong. Elijah was not the one bringing trouble on the land. The prophet corrected the king: “I have not made trouble for Israel . . . but you and your father’s family have. You have abandoned the Lord’s commands and have followed the Baals” (verse 18).

After Elijah defeated the prophets of Baal and had them killed at Mt. Carmel (1 Kings 18), Jezebel issued a death threat against him (1 Kings 19:2). The queen went on to plot against Naboth, the innocent owner of a vineyard that Ahab coveted. Jezebel had Naboth killed so the king could confiscate his land (1 Kings 21), and she prodded her husband into many other wicked acts besides: “There was none who sold himself to do what was evil in the sight of the LORD like Ahab, whom Jezebel his wife incited” (1 Kings 21:25).

Ahab’s death was predicted by the prophets Elijah and Micaiah (1 Kings 21:19; 22:28). Jezebel’s gruesome death was also predicted by Elijah (1 Kings 21:23). True to the prophecy, Ahab was killed in a battle with Syria. Later, Jezebel was thrown from a tower, “and some of her blood spattered on the wall and on the horses, and they trampled on her” (2 Kings 9:33). Then, “when they went to bury her, they found no more of her than the skull and the feet and the palms of her hands” (2 Kings 9:35). Just as Elijah had said, the dogs ate Jezebel.

Both Ahab and Jezebel were leaders of God’s people who forsook the Lord and served

other gods. The royal couple earned a reputation for sin and violence, and they both suffered violent deaths as part of God's judgment on their actions.

What qualities did King Ahab have as a husband?

What qualities did Queen Jezebel have as a wife?

What problems did they have in their marriage?

How could they have improved their marriage?

Are there any similarities in your marriage?

1. _____
2. _____
3. _____
4. _____
5. _____

What is the major strength in your marriage?
