

What Have You Been Looking For?

Everyone is looking for something – especially in marriage. We call this your ‘mind-set’. Understanding your marriage mindset is one of the most important exercises you can do with a couple in distress. Why? Because their mind-set, after all, has nothing to do with anyone but them – as a husband or as a wife. This exercise will help each of your mentorees become aware of what they are looking for in each other. And it will help them see how their mind-set impacts their marriage.

Print two copies of this exercise to use with your mentoree couple.

We all view our partner through a series of filters. Below is a list of these filters. Look through this list of filters, and check the six or so that are most descriptive of the ways you view your partner.

- | | | |
|--------------------------------------|--|---|
| <input type="checkbox"/> Accepting | <input type="checkbox"/> Gentle | <input type="checkbox"/> Petty |
| <input type="checkbox"/> Adaptable | <input type="checkbox"/> Giving | <input type="checkbox"/> Playful |
| <input type="checkbox"/> Aggressive | <input type="checkbox"/> Greedy | <input type="checkbox"/> Principled |
| <input type="checkbox"/> Annoying | <input type="checkbox"/> Gruff | <input type="checkbox"/> Protective |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Gullible | <input type="checkbox"/> Rational |
| <input type="checkbox"/> Bitter | <input type="checkbox"/> Helpful | <input type="checkbox"/> Reactionary |
| <input type="checkbox"/> Brave | <input type="checkbox"/> Helpless | <input type="checkbox"/> Reasonable |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Idealistic | <input type="checkbox"/> Reassuring |
| <input type="checkbox"/> Carefree | <input type="checkbox"/> Inconsiderate | <input type="checkbox"/> Regretful |
| <input type="checkbox"/> Careless | <input type="checkbox"/> Innovative | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Insensitive | <input type="checkbox"/> Reliable |
| <input type="checkbox"/> Cheerful | <input type="checkbox"/> Intelligent | <input type="checkbox"/> Respectful |
| <input type="checkbox"/> Clever | <input type="checkbox"/> Irresponsible | <input type="checkbox"/> Rigid |
| <input type="checkbox"/> Cold | <input type="checkbox"/> Irritable | <input type="checkbox"/> Self-conscious |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Jealous | <input type="checkbox"/> Self-righteous |
| <input type="checkbox"/> Conforming | <input type="checkbox"/> Kind | <input type="checkbox"/> Spontaneous |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Lazy | <input type="checkbox"/> Stubborn |
| <input type="checkbox"/> Critical | <input type="checkbox"/> Manipulative | <input type="checkbox"/> Tactful |
| <input type="checkbox"/> Demanding | <input type="checkbox"/> Naïve | <input type="checkbox"/> Tender |
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Narcissistic | <input type="checkbox"/> Trusting |
| <input type="checkbox"/> Dependent | <input type="checkbox"/> Negative | <input type="checkbox"/> Trustworthy |
| <input type="checkbox"/> Determined | <input type="checkbox"/> Noisy | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Disciplined | <input type="checkbox"/> Objective | <input type="checkbox"/> Unpredictable |
| <input type="checkbox"/> Efficient | <input type="checkbox"/> Oblivious | <input type="checkbox"/> Visionary |
| <input type="checkbox"/> Elusive | <input type="checkbox"/> Passive | <input type="checkbox"/> Witty |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Patient | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Perfectionist | |

Are the ways you view your spouse—the 6 boxes you checked-- mostly positive or mostly negative? In the space below, note the negative filters you tend to view your spouse; and name when you are most likely to use them.

Filter: I see this quality when my spouse...
 Filter: I see this quality when my spouse...
 Filter: I see this quality when my spouse...