

Most common Threats Inventory

Here's a brief questionnaire that you can have your mentoree couple complete and discuss with you. Copy and paste the two lists on a separate document. Print two copies of the lists, one for each individual.

We have found this exercise to be a helpful way of taking inventory of anything that may be threatening a marriage. Every couple has their own unique list. What follows are some of the most common issues that may currently top your mentorees' list. Ask your mentoree couple to check all issues on the list below that they are currently experiencing.

- | | |
|--|--|
| <input type="checkbox"/> Frequent conflict | <input type="checkbox"/> Rebellious child |
| <input type="checkbox"/> Financial pressures | <input type="checkbox"/> Sexual unfulfillment |
| <input type="checkbox"/> Power struggles | <input type="checkbox"/> Lack of spiritual intimacy |
| <input type="checkbox"/> Busy schedules | <input type="checkbox"/> Frequent communication breakdowns |
| <input type="checkbox"/> Work pressures | <input type="checkbox"/> Major illness |
| <input type="checkbox"/> Career crisis | <input type="checkbox"/> Addictions |
| <input type="checkbox"/> Infertility | <input type="checkbox"/> Infidelities and lack of trust |
| <input type="checkbox"/> Tumultuous relations with extended family | <input type="checkbox"/> Grief or loss |
| | <input type="checkbox"/> Other: |

Before discussing the list above, have them take a few minutes to note the things in life right now that are good. Invite your mentoree couple to name four good things from the list below that are currently buoying their marriage and the love they share.

- | | |
|--|---|
| <input type="checkbox"/> Being honest with each other | <input type="checkbox"/> Physical health |
| <input type="checkbox"/> Sharing housework | <input type="checkbox"/> Secure financial future |
| <input type="checkbox"/> Shared humor or laughter | <input type="checkbox"/> Shared interests and hobbies |
| <input type="checkbox"/> Having strong social support | <input type="checkbox"/> Strong extended family relationships |
| <input type="checkbox"/> Sharing a vision for our future | <input type="checkbox"/> Supporting each other in prayer |
| <input type="checkbox"/> Enjoying a committed church life together | <input type="checkbox"/> Secure in our marriage commitment |
| <input type="checkbox"/> Fulfilling sex life | <input type="checkbox"/> Emotional health |
| <input type="checkbox"/> Having a date night | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Blessing of having good children | |

Once your mentoree couple has made both lists, ask them to share their lists with each other in your presence. Have them begin with the bottom list, the qualities that are a benefit to their relationship.

Goal for the first list: For your mentoree couple to objectively identify the difficult areas that are having an impact on their marriage.

Goal for the second list: To encourage your mentoree couple to name their strengths as a couple...and not focus only on the obstacles. It is also helpful if you, the mentor couple, can identify some positive attributes you have observed about the mentoree couple's love and respect for each other.

Doing this questionnaire with your mentoree couple early in the mentoring process will help you get right into understanding exactly why they need you as their mentors.