

The “Original Attraction” Exercise

1. Describe your first date with your wife. Where did you go? What did you do?

2. What are 5 ‘surface-level’ traits that your wife liked about you from the moment she met you? What about you piqued her interest?

1. _____

2. _____

3. _____

4. _____

5. _____

3. What are 5 ‘deep’ traits that your wife learned to appreciate about you throughout your courtship and early marriage?

1. _____

2. _____

3. _____

4. _____

5. _____

4. What are 5 to 10 traits that defined you as a man during the “problem years” of your marriage? These are likely traits your wife finds unattractive, although they don’t necessarily *have to* be negative.

- 1. _____ 2. _____
- 3. _____ 4. _____
- 5. _____ 6. _____
- 7. _____ 8. _____
- 9. _____ 10. _____

5. Which traits from questions #2 and #3 are missing from the man that you are today?

6. What traits are you going to work on developing in yourself as you try to repair your marriage and become a strong husbandly leader? These can either be traits that your wife loved about you that are missing now, or they can be all-new traits that you’ve never had before. (as many or as few as you want)

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____