We all want deeper romance in our marriages, but we sometimes assume that our wives know what we want and how we feel without talking about it. The following questionnaire will help spark some great discussion between you and your lady.

In a Christian marriage, romance involves both relational and sexual intimacy. This questionnaire is divided into two parts: “Stoking the Fires of Romance” and “Boosting Sexual Intimacy.”

We suggest that you answer these questions individually and then take some unhurried time to discuss them with your wife.

Part One: Stoking the Fires of Romance

Finish these sentences:

I would describe romance as: __________________________
__________________________________________________

I believe my wife would describe romance as: ________________________________________________

Right now, the following obstacles block our way to making romance a priority in our marriage: __________________________________________________________

The three most romantic things my wife has done for me are: ___________________________________

I would like my wife to do more of these romantic things in the future: _______________________

Mark the activities below that help you with a “Y” for yes and those that don’t with an “N.”

The following gestures help ignite the flames of romance in my life:

__Favorite meals __Seeing you in lingerie
__Dancing __Eating out
__Neck rub __Sharing recreational time
__Back rub __Walks
__Showering together __Movies
__Flirting __Picnics
__Love notes __Talking by firelight
__Praise in front of others __Holding my hand
__Praise in private __Public displays of affection
__Gifts
__Comments of anticipation before lovemaking
__Making financial decisions together
__Spending time together with no agenda
__Expressing appreciation for my work
__Other________________________________________________

To help your wife choose gifts and plan dates, fill in the following information. When you trade inventories, she can hold onto these pages for future reference.

Clothes Sizes

Pants:______________________________________________

Shirt:______________________________________________

Shoes:______________________________________________

Belt:______________________________________________

Boxers/Briefs:______________________________________

Coat:______________________________________________
Use the following statements to rate various aspects of your sexual relationship.

Use a scale from 1 (strongly disagree) to 5 (strongly agree).

___ We view lovemaking with positive anticipation.
___ We have no trouble deciding when and how to enjoy physical love together.
___ We both communicate during lovemaking by telling each other what is pleasing.

In leading up to lovemaking, I like for my wife to:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

When we are making love, I like for my wife to:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

When we are making love, I become discouraged when my wife:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

___ We make love often enough.
___ Gentleness and tenderness are a sufficient part of our lovemaking.
___ We have enough variety in our lovemaking.
___ We both sufficiently understand each other's sexual needs and preferences.

I struggle with the following fears or issues regarding sex:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

My wife could help alleviate those fears or issues by:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Concerning lovemaking, I've always wanted to tell my wife:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________