



4. Do you think you would benefit from taking a marriage-strengthening class, either by yourself or with your spouse, to help you resolve problems, communicate more effectively, and increase your satisfaction with your marriage?

Why or why not?

As you answer this question, consider whether you would feel comfortable or awkward in class with other couples working on improving their marriages.

Your thoughts here:

5. Are you aware of some marriage-strengthening classes in your area? Does your church or another religious group offer marriage-strengthening classes?

Do a little investigation of local resources and write down a few possibilities that you might be interested in here: