

MAKING ROOM FOR US

A Companion Worksheet for the Married but Feeling Alone Series

Free Download

This worksheet accompanies the Reflections for Christian Living [When Life Leaves Little Room for Love — September 25, 2026](#). Read the Reflection for deeper teaching about stress spillover, meaningful time together, and the ordinary moments through which connection is strengthened.

A marriage can remain functional while becoming emotionally thin. Work, caregiving, parenting, ministry, health concerns, screens, and household responsibilities may consume our attention until the relationship receives only what is left. Use this worksheet to identify what is crowding out connection and choose a realistic rhythm that fits your present season.

1 Notice Where Your Time and Energy Go

List the responsibilities or habits receiving most of your time and emotional energy. Then consider how each one affects your availability at home.

Demand on My Time or Energy	What It Requires From Me	How It Affects Our Connection
Example: Work deadlines	Long hours and mental focus	I am distracted and quiet at home.

2 Recognize How Stress Enters the Marriage

Stress often appears in our behavior before we explain it. Identify one recent example of stress spillover.

Stress I Was Carrying	How It Appeared at Home	What I Could Communicate
Example: A difficult workday	I became impatient and distant.	I am overwhelmed, not upset with you.

3 Recover Ordinary Moments of Connection

Choose small moments that are realistic enough to repeat. Connection grows through genuine attention, not through performing a perfect marriage.

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Moment We Can Protect	What We Will Do	When We Will Try It
Example: Ten minutes after dinner	Put phones away and talk	Monday, Wednesday, Friday

4 Plan One Fifteen Minute Conversation

Set a specific time and allow each person to answer: What has been taking most of my emotional energy, and how has it affected the way I have been present in our marriage?

Day and time:

What I want to share honestly:

One way I can support my spouse this week:

A Scripture to Carry With You

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time."
— Ephesians 5:15–16, ESV

What might wise use of your time look like in your marriage during this particular season?

A Brief Prayer

Father, You know every responsibility competing for our attention. Help us communicate what we are carrying, use our time wisely, and offer one another genuine presence. Show us one realistic way to make room for connection this week, and help us follow through with grace. Amen.