



The NOBLE
MARRIAGE

Welcome

We are thrilled to present our collection of conversation cards. Each section runs parallel to our signature course; The Marriage Transformation Course.

These conversation cards are designed to help you as a couple, reach deeper levels of intimacy, and truly get to know the heart of your spouse. We hope you enjoy and learn much about your spouse.

Marriage Vision

Where do we see our marriage in 20 years?

What will we be doing, living, & enjoying?

Marriage Vision

How do you see us celebrating our 30th
wedding anniversary?

Marriage Vision

What do we want our dream marriage to look like?

Marriage Vision

What marriage advice would you give your future self, 15 years from now?

Marriage Vision

How have we grown together as a couple over the years?

Marriage Vision

In what ways have we grown apart over the years?

Marriage Vision

What are some ways that we actively grow together as partners on a regular basis?

Marriage Vision

What are you most passionate about in our relationship?

Marriage Vision

How do you like to be celebrated when you reached
accomplishments

Marriage Vision

How often will we spend planning out our marriage, just like we plan for other areas of our life?

Marriage Vision

Where would you like to travel to for our 25th wedding anniversary? What about our 50th?

Marriage Vision

What dreams do you have for this year for our family?

Marriage Vision

What is an area of your life you would like to see more growth in yourself?

Marriage Vision

How will you spend your free time together as a couple
when you retire?

Marriage Vision

What are 3 goals we want for our marriage?

Marriage Vision

What are 3 core values we want for our marriage & family?

Going Deeper...

6 Levels of Intimacy

Describe to me your best memory of childhood & the feelings you had around it

6 Levels of Intimacy

How do others opinions control your feelings?

6 Levels of Intimacy

What kind of support would you like from your spouse when it comes to sharing your feelings?

6 Levels of Intimacy

Share a story with your partner about a core belief you got from your upbringing.

6 Levels of Intimacy

What things in our marriage hinder us from a deep level of intimacy? What do we want to let go of?

6 Levels Intimacy



What are your needs & desires around physical touch?

6 Levels of Intimacy

What are your beliefs about how our finances should be run?

6 Levels of Intimacy

What is your favorite memory as a child?

6 Levels Intimacy



What is your favorite memory as an adult?

6 Levels Intimacy

What are your needs around showing love & affection towards one another.

6 Levels of Intimacy

What did you forgive your spouse for today? How long have you been carrying the weight of it? What is possible now that you have released this matter to God?

6 Levels of Intimacy

Prior to discovering the 6 levels of intimacy, where did the majority of your conversations live?

Discovery of self...

INNER THORNS

ABANDONED

ALONE

BETRAYED

CONTROLLED

DECEIVED

DEFECTIVE

DISAPPOINTMENT

DISCONNECTED

HELPLESS

HUMILIATED

IGNORED

INADEQUATE

INFERIOR

INSIGNIFICANT

INVALIDATED

JUDGED

MISUNDERSTOOD

REJECTED

UNIMPORTANT

UNLOVED

UNWANTED

WORTHLESS

NOT GOOD ENOUGH

FAILURE

DISRESPECTED



Discovering *your* Thorn

What is your most dominant inner thorn? (deep rooted fears from our past that leave us prickly, causing disconnection in the relationship)



Discovering *your* Thorn

How has fear impacted your life over the years?



Discovering *your* Thorn

Share with your spouse a story around your biggest fear and how it has impacted your life in a negative way?

What are you doing now to let go of this fear?



Discovering *your* Thorn

In what ways do I trigger your thorn(s)?
How can I come along side of you to support you in this
area?



Discovering *your* Thorn

How do you practice awareness around your thorn?



Discovering *your* Thorn

What body sensations do you experience when you are in fight or flight or when a thorn has been triggered?





Vicious Vortex
of Death



What is a reaction you experience having toward your spouse or a particular behavior towards them that you want to let go of?



Share a childhood thorn that gets pricked by others around you that triggers your vicious vortex internally.



How do you see your Vicious Vortex keeping you from experiencing true intimacy?



How do you see your Vortex effecting our emotional intimacy?
How do you see it effecting our safe place to share?



When was a time you had a closed heart? Share discovery with your spouse.



How do you see your thoughts playing into this marital Vortex?



Who else in your life sends you into a vortex cycle?



Before you became aware of your thorns and vicious vortex, what has been your way of coping/dealing with these triggers throughout your life?



Discover your Vicious Vortex using this cheatsheet

1. When _____ happened, my thorn... (insert your thorn)... was pricked.
2. What I made it mean... or The story I tell myself when that happened was...
3. The warning signals I felt were _____
4. My reaction to this was _____

.....

1. Which then triggered my thorn of (insert your spouses thorn that was triggered)
2. What I made it mean... or The story I tell myself when that happened was...
3. The warning signals I felt were _____
4. My reaction to this was _____

Continue going around the cycle as many times as different thorns were pricked.

The H.O.T.
CYCLE



HUMBLE, OPEN & TRANSPARENT



The HOT
CYCLE

How are we creating safety for conversation in our relationship?



The HOT
CYCLE

What does being Humble, Open & Transparent
mean to you?



The HOT
CYCLE

How do you see, the best way to call a pause when
its needed in conversation.



The HOT
CYCLE

When was a time you felt your "walls" go up?
Then ask your spouse "What was your experience of my
walls going up?"



The HOT
CYCLE

How can I love & support you when I feel your walls go up?



The HOT
CYCLE

When was the last time you felt your heart close toward me?



The HOT
CYCLE

When was the last time you felt your heart fully open toward
me?



The HOT
CYCLE

In what ways are we co-dependent on each other?
Or in other words, how do we try to complete each other?



The HOT
CYCLE

Now that you know what taking full responsibility for your own well-being looks like... Share together ways you will take personal responsibility for your own mental, emotional, & physical well-being.



The HOT
CYCLE

Share how in the past, you tried to be responsible for your spouses thoughts, feelings, behaviors, & beliefs.

How will you release this responsibility and turn it back over to your spouse to care for themselves?

H. O. T.

Sex



Humble, Open & Transparent

How can we romance each other during the day in anticipation of making love?



What are the ways you show me that you are initiating sex?
In what ways would you like me to initiate sex?



Would you be interested in using sexual toys?
If so, which ones would you be interested in?



Which love making position(s) would you like to explore the next time we make love?



Share with me the special touch(es) that make you orgasm.



How much time would you like to spend during foreplay?



What would you enjoy doing during foreplay?



How did you learn about the birds and the bees?



Where are two places you would like to make love outside of
our bedroom?



How many times a week do you desire to make love?



Are you open to having a quicky?
If so, how do you see this playing out with us?



Are you open to oral sex?

If so, what about oral sex brings you pleasure?



What scent(s) would you like to have in our bedroom when making love?



Which do you prefer.

Shower before *or* Shower After



What is a sexual preference you want me to know?



How can we verbally express satisfaction during sexual intercourse?



In what ways can we improve how the after-glow feels for us?
How much time do you desire in the after-glow?



How would you like to be held before, during, and after sex?



What would you like to see me wear (or not wear)?



What turns you off sexually? —before, during or after sex?



As a spouse are you a ...
High Desire Spouse *or* Low Desire Spouse?
What contributes to this?



Do I effectively communicate to you that I'm attracted to you? If not, in what ways can I show my attraction to you?



Is there any aspect of our sex life that you're hurt or angry about? If so, what is it?



How comfortable are you with the frequency of our
lovemaking?



How important is it to you that we both reach climax & experience orgasm?



Do you have any beliefs from childhood about sex?

Belief Ex: Sex is for procreation only etc.



What are your most memorable experiences during our love making?



What sensitive parts of your body do you want me to touch?

What sensitive parts of your body do you NOT want me to touch?



When is your favorite time of the day to make love?



Fill in the blank. "I could spend all day looking at..."



What do you worry about when it comes to sexual intimacy?



Do you like any of the following...

Gentle touching *or* Firm grabbing *or* Rough playing

