

Marriage Master Class

Application Questions

Put down the cell phone and enjoy the gift of the present.

Take some time to brake away with your spouse and talk through these nine questions.

1 - Do you struggle with spending too much time on your phone?

2 - What do you spend time looking at / doing on your phone?

3 - Do you struggle with being “all in” the moment?

4 - What changes would you like your spouse to make with cell phone use?

5 - What changes do you need to make with cell phone use?

6 - Is there a time during the day or evening where you could turn your phone off?

7 - Is there a night of the week you could turn your phone off?

8 - Is there a day of the week you could turn your phone off?

9 - What could you do with your spouse or family, if your mind was not on your phone?