



# Self-Reflection Questions for Christian Wives

- ♥ In what ways do I show my husband that I value being married to him?
- ♥ How often do I pray for my husband?
- ♥ Do I give my full attention to my husband when he communicates with me?
- ♥ Do I ever speak to my husband in a way that could be perceived as being disrespectful or belittling?
- ♥ Do I give my husband the same love and consideration that I give other family members and friends?
- ♥ What do I do when I feel upset with my husband?

- ♥ Do I seek to be a peacemaker in my home?
  
- ♥ Do I bring up my husband's past wrongs instead of forgiving him?
  
- ♥ Do I respect my husband's feelings and protect his dignity when speaking about him with other people?
  
- ♥ Am I satisfied with the quality and frequency of our physical intimacy?
  
- ♥ Is my husband satisfied with the quality and frequency of our physical intimacy?
  
- ♥ In what areas of my marriage do I tend to believe my past experiences or my emotions instead of the Bible?
  
- ♥ Am I a trustworthy wife?
  
- ♥ Do I take part in any sinful behaviors that negatively impact my marriage?
  
- ♥ Am I regularly reading the Bible and applying it to my life?

- ♥ Do my habits and attitudes make it unpleasant for my husband to be married to me?
- ♥ What things do I admire about my husband?
- ♥ What things can I learn from my husband?
- ♥ How can I infuse my marriage with fun and laughter?
- ♥ What are some concrete steps I need to take to grow as a wife?

