

# Student Journal

*The Catholic Wife*

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**ACADEMY**



Journal Questions  
**WELCOME**

What do I hope to get out of this course? Why am I here?

What do I feel are the real issues in my marriage?

Journal Questions  
**CORE CONCEPTS**

How have I been transformed by my marriage (the good and the bad)?

What issues can cause me to "pain spiral"?

Journal Questions  
**WISDOM OF JPII**

Which "urge" is stronger for me? Physical or Emotional? And which "urge" is stronger for my husband?

How well am I living out JPII's concept of "Gift of Self" in my marriage? How generous and vulnerable am I?

Journal Questions  
**AFFECTION**

How is affection shown in my marriage? Is it enough, or do I crave more?

What major events in my marriage have changed the way I give and receive affection?

Journal Questions

# COMMUNICATION

What bad habits do I struggle with as a communicator in my marriage?

How does my husband communicate? What have I learned about his communication over the course of our marriage?

Journal Questions

# RESPECT

What surprised me about the way men need respect? Do I think this is true for my husband?

In what ways might I inadvertently disrespect my husband?

Journal Questions

## **SENSUAL DESIRE**

What kinds of "sexual baggage" did I bring to marriage? Experiences, perceptions, and assumptions.

What role does sex play in my marriage? Is it really the heart of my marriage?

Journal Questions

## **MARITAL SEX**

Do I understand and respect the "One Rule?" Does my husband?

Do I enjoy sex? What are some factors that help me enjoy sex, or factors take away from my enjoyment? What do I need to discuss with my husband on this topic?

Journal Questions

# PRACTICAL LIVING

Which topic covered in this video places the most stress on my marriage? (Work, Money, In-Laws, Housework, Recreation, Physical Attraction)

What specific stresses do children and parenthood place on my marriage?

Journal Questions

# PRAYER

How, specifically, do I need to support my husband in prayer?

What role does God play in our marital relationship? What changes do we need to make?

Journal Questions  
**WHAT NOW?**

What have I RECOGNIZED as major areas of hurt in my marriage?

What do I need to place in God's hands and TRUST He will heal?

Journal Questions  
**WHAT NOW?**

What can I start to do to TRY and improve my marriage?