

Husband Material Weekly Check-In

1. On a scale of 1-10, how would you rate your momentum this past week?

10 - Wow. My progress has been amazing!

2. How did you intentionally connect with God and care for yourself?

Briefly describe your personal practices and how often you did them.

3. How many vulnerable conversations did you have with your allies?

0

Who did you connect with? Was it scheduled or spontaneous?

4. What stress did you face this week (at work, at home, or elsewhere)?

Name the stress, and how you chose to handle it.

5. List 4 words to describe different emotions you felt.

Come up with at least 4. Go beyond the basic "sad, mad, glad," etc.

6. What sexual desires did you experience (if at all)?

Describe specific people, images, videos, or fantasies that appealed to you.

7. Describe any slips (sudden lapses in progress). Number of slips:

0

What happened? What could you have done differently?

8. What victories or healthy behaviors should we be celebrating?

This can be anything that shows progress and growth toward wholeness.

9. What do you expect will happen this coming week?

Give me a preview of any exciting events or difficult challenges you'll face.

10. In what areas, if any, do you feel stuck or need help?

Mention any specific things you would like me to help you with.