

## WIFE'S LOG LIST:

### *How has Sin Crept into your Home?*

Just as sin crept into Adam and Eve's relationship and caused division, it has undoubtedly worked in your home as well. Review the items below and color in the circle for each one you or your spouse considers to be a problem in your marriage. Be honest. We all have faults. Before we can be forgiven, we must be willing to confess our sin.

- I seldom pray, read the Bible, or attend church.
- I resent the fact that we live where we do.
- I demand too much of my husband's \_\_\_\_\_.
- I am jealous and suspicious of \_\_\_\_\_.
- I am too critical of \_\_\_\_\_.
- I am bossy. About what?
- I am too concerned with outward appearances.
- I sometimes flirt with other men to make him jealous or to get a good feeling.
- I have bestowed too much time, money, attention to \_\_\_\_\_.
- I'm not as happy as I pretend to be. I put on a false front.
- I'm much too worldly and carnal in my thinking, actions, and dress.
- I'm too moody. About what? When?
- I've been too insensitive to my husband's problems and concerns.
- I'm too concerned about money.
- I'm too much of a perfectionist in my housekeeping.
- I've not been willing to go camping or bowling or \_\_\_\_\_ with \_\_\_\_\_ or to do other things he is interested in doing.
- I'm too outspoken at times when others are around.
- I worry too much about \_\_\_\_\_.
- I fret over the smallest things and blow them out of proportion.
- I complain about the work I have to do in the home.
- I complain about not eating out like we used to before the children came.
- I complain about not having any friends but I don't do anything about it.
- I feel inferior to \_\_\_\_\_.
- I can often be negative or pessimistic in my outlook.
- I do not take care of myself physically as I should.
- I smoke too much.
- I drink too much.
- I have annoying habits and mannerisms.
- I take things too seriously and often make mountains out of molehills.
- I lose my temper frequently.
- I know that some things I do or don't do annoy him but I am stubborn and won't change.
- I do not deal with issues or problems when they are beginning.
- I keep a record of wrongs that he has done to me.
- I am inconsiderate of his desires.
- I don't like to go to the trouble of having people over for dinner.
- I expect too much of him and am hurt and disturbed when he doesn't perform as I want him to.

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- I blame things on him that are actually my fault.
- I sometimes forget that we aren't on opposing teams but on the same team.
- I become irritated with him about the way he spends money.
- When he comes home from work I complain and grumble about things (the children, finances, aches and pains, etc...)
- I get irritated by his weaknesses instead of accepting him, praying for him, encouraging him, and setting an example for him.
- I've never liked his family and have been critical of them to him.
- I have not sufficiently appreciated what his parents have done for us.
- I've tried to please my parents when I should have been more concerned about pleasing him.
- I allow my family to meddle in our family. I often complain about him to my family. I am sometimes more concerned about pleasing my family than pleasing him.
- I was more concerned about my career when our marriage and motherhood should have been more important to me.
- I haven't accepted my husband's role as leader and decision-maker as I should.
- I argue with him about \_\_\_\_\_ when I should be submissive.
- I form my own opinions and try to carry out my own desires even when it hurts him.
- When he makes a wrong decision or fails, I call it to his attention. I love to say, "I told you so".
- I try to push him into things and am not content until he has come around to my point of view.
- I am too quick to state my opinion to him and to belittle his opinion.
- I complain about his lack of decisiveness or silence or lack of initiative, but have become upset with him when he is decisive or aggressive or open in expressing his opinions.
- I nag him about doing tasks around the house (washing car, mowing yard, fixing things, etc...)
- Sometimes I forget to do the things he asks me to do.
- I try to be around him all the time and to always be doing things with him when I know that he needs time just to be alone.
- I often do not give my enthusiastic support and cooperation in his role as leader of the home.
- I make fun of him in front of the children or other people.
- I spend too much time watching TV, playing on the computer, or other type of entertainment rather than spending time with him.
- I sometimes feel depressed and unsatisfied with our sexual relations.
- I often refuse to have sexual relations with him and almost never ask him to have intercourse.
- I do not manifest my love and affection in tangible ways as he desires.
- I don't always pay attention when he is telling me something or explaining something to me.
- I often resort to self-pity.
- I gossip about people in our life.
- I begin to cry when he disagrees with me about the way we should spend our money or \_\_\_\_\_.
- I often neglect responsibilities in our home that he depends on (laundry, ironing, meals, etc...)
- I forget to tell him about the phone messages for him.
- I expect him to know what I want, my desires and concerns, to see things as I see them without even sharing my innermost feelings with him. When he doesn't, I become hurt or withdraw.

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- I do not cooperate with him in family devotions.
- I resent being tied down by the children or having no children.
- I allow the children to disobey me until finally I get so angry that I yell or scream at them.
- I do not agree with the way he disciplines the children. I let them get away with things that he would never approve of.
- I often say I'm too tired to do what he wants me to do.
- I am seldom ready at the time he wants to leave for some place.
- When he comes home from work, I and the house often look like a disaster area and I am so busy that I hardly have time for a peck on the cheek, let alone talking to him.
- I sometimes resent all the work that is involved with taking care of the children.
- I expect him to spend a lot of time with the children, even when I know he is very, very tired.
- I put the children's needs ahead of his needs.
- I allow the children to make me irritable and affect my relationship with him.
- I sometimes argue about his decisions in front of the children.
- I spend too much time away from home and am not available to him or the children frequently.

\*Taken from, A Homework Manual for Biblical Living, Volume 2, by Wayne A. Mack, and modified as appropriate for this conference.