

Common Ways in which Wives Sin against Their Husbands

- I'm apt to use my hormonal changes as an excuse to sin against you and find that I _____, _____, and _____ rather than bringing my thoughts and actions captive.
- I'm a perfectionist about my housekeeping. My perfectionism manifests itself by _____.
- I'm a poor housekeeper, and do not take proper care in the appearance of our home.
- I'm not your best friend. I am more intimate (more "one-flesh") in some ways with _____ than I am with you.
- I've not been willing to go _____ with you, or to do _____ when you have wanted to.
- I'm abrupt in my speech and responses rather than being gentle.
- I'm not patient with you, especially about those things I would most like to see you change.
- I'm too contentious about _____ and _____.
- I've never accepted or liked your parents (or some other member of your family. Who?) _____.
- I'm very sarcastic in my responses when I don't agree with you.
- I'm more concerned with pleasing my parents than I am about pleasing you. Explain _____.
- My job (or career) is more important to me than our marriage.
- I feel used and taken for granted by you (or the children).
- I focus my attention on _____ rather than being content as a wife and mother.
- _____ is more important to me than being a wife and mother.
- Your job is of little interest to me, and I resent (or resist) discussing it with you when you come home from work.
- I argue with you about _____ rather than being respectful and submissive.
- I contradict you in public. (Give examples) _____.
- I contradict you in front of the children. (Give details) _____
_____.
- I'm critical of you to others. Who? _____.

About what? _____.

- I don't always pay attention when you are telling me things that don't interest me.
 - I fail to understand why _____ is so important to you.
 - I've become resentful that _____ is so important to you.
 - I don't attempt to share your interest in _____.
 - I don't ask your opinion or advice about _____.
 - I worry about _____.
 - I fret over little things and blow them out of proportion. (Give examples)
_____.
 - I don't give you assistance with _____ even though I know you would appreciate my help.
 - I've neglected your need/desire for _____.
 - I've been too critical with you in regard to _____.
 - Pleasing God is not the first priority in my life. What is? _____.
 - I use my "womanly wiles" to get my own way or to get something I want rather than just discussing my desires with you.
 - I'm very dependent on my parents for _____.
 - I'm much too quick to judge and condemn _____.
- About what?
- I've not accepted your role as the leader of our home, and I _____ rather than lovingly submitting to you.
 - Even if I know that it will hurt you, I will go to great lengths to have my own way. Explain _____.
 - I make decisions without first asking you for guidance.
 - I make decisions without considering God's will (what the Bible says).
 - I take your love for granted by _____.
 - I'm lazy when it comes to _____ but am critical of you when you do not fulfill one of your responsibilities as I think you should.
 - I nag you about doing household tasks such as _____, _____, and _____.

- I sometimes forget to do things you ask me to do -- like _____, _____, or _____.
- I'm irritable with you about _____.
- I'm quick to judge your motives, especially when _____.
- I've been selfish sexually in that I _____.
- I expect you to always be on time. Yet when we are going someplace and I'm running late, I resent it if you say anything to me.
- I become irritated when you don't immediately stop what you are doing if I want to discuss something with you.
- Too often, if you are discouraged, I become depressed and am not willing to be an encouragement to you.
- I'm unreasonable about _____.
- I put the children's needs ahead of yours. (Give details) _____.
- I fail to consider you when I decorate our home.
- I complain that we aren't able to eat out the way we did before the children were born.
- I feel inferior to _____. About what? _____.
- I make important decisions without your counsel.
- I manipulate you to get what I want. How? _____.
- I don't express affection the way you want me to. I know that I need to _____.
- I don't enthusiastically support your role as leader of our home. (Give examples) _____.
- I'm not as involved in church ministry as I should be.
- I become irritated with you about the way you spend money and criticize you about it.
- I've criticized you in front of the children (and/or our friends).
- I murmur and complain about _____.
- I don't make enough effort to get along with your family.

- I call your siblings names or refer to them in ways that are not biblical.
- I'm more concerned about the children's physical and social well-being than their spiritual well being.
- I don't give the children individual attention.
- I don't properly arrange to spend time alone with you when you come home from work.
- I don't make enough of an effort to demonstrate to the children that my relationship with you is the primary relationship in our home.
- I don't discipline the children in accordance with biblical principles and/or your desires.
- I'm inconsistent in the discipline of our children.
- I know that _____ annoys you, but am too stubborn to change.
- I argue with you in front of the children. (Give examples) _____
_____.
- I judge your thoughts and motives without knowing them.
- I worry too much about the things that the Lord has promised that He will provide.
- I expect you to "grovel" before I will even consider forgiving you.
- I get physically abusive with you when I don't get my own way.
- I'm inconsiderate of your desires. (For example, you like for me to wear perfume, rub your back, or go for a walk with you. I consider these things unimportant and don't do them. Give personal examples.) _____
_____.
- I allow the negative issues to overshadow the positive.
- I'm far too serious. I need to "lighten up".
- I stop listening to you when I don't like where you're going, especially when you want to discuss _____.
- I blame you for things that are actually my fault.
- I lose my temper frequently. About what? _____.
- I often make unreasonable demands on you and expect too much, especially in regard to _____.

- I often refuse to have sexual relations and rarely initiate them.
- I refuse to go hunting, fishing, camping, _____ with you.
- I make promises or threats to the children that I don't keep.
- I make promises to you that I don't keep.
- I expect you to know what I want, need and desire.
- I expect you to know my thoughts, opinions, feelings and concerns without first expressing them to you. When you don't perceive these things, I think you don't care about me, and I _____.
- I sometimes flirt with other men to make you jealous or to make myself feel good about my desirability to other men.
- I complain about your lack of assertiveness, or lack of initiative, but become angry when you are decisive, aggressive, or open in expressing your opinions. (Example) _____.
- I use profanity.
- I take the Lord's name in vain.
- I smoke too much.
- I drink too much.
- I don't often admit when I am wrong.
- I'm legalistic, especially in the area of _____.
- I'm too ambitious about _____.
- I watch too much (or inappropriate) television .
- I allow the children to watch too much (or inappropriate) television.
- I'm not easily satisfied, especially about _____.
- I seldom express appreciation to you and don't compliment you as I should.
- I have bad manners when it comes to _____.
- I have not been totally truthful with you about _____.
- I do not teach and discuss the Lord with the children enough.
- I don't spend enough time playing with the children.
- I compare you unfavorably to others.
- I have not worked hard enough at correcting my annoying habits and mannerisms, especially _____ and _____.

- I often neglect your sexual needs, and am only interested in my own.
- I get my feelings hurt very easily. (I am sensitive because of my pride).
- I have not handled money in a responsible way, especially when it comes to spending it on _____.
- I complain about running errands for you.
- I'm selfish about wanting all your free time.
- I don't take proper care of myself physically. Explain. _____.
- I refuse to ask your advice about _____.
- I become resentful when you try to hold me accountable.
- I become sinfully angry when _____.
- I expect you to help me in the evening (with the children, etc.) even if I know that you're very, very tired.
- I can be negative and pessimistic in my outlook. (Examples) _____
_____.
- I complain about what I don't have, rather than counting the blessings I do have.
- I murmur and complain about our church.
- I argue with you just to get my two cents worth in, even if I believe you are right.
- I don't confront your sin.
- I don't have a meek and quiet spirit.
- I compare myself and our life with others.
- I don't always dress modestly.
- I say things to elicit compliments from others.
- Even though I know that diet and exercise will benefit me greatly, I do not consistently practice self-control in these areas.
- I give in to depression or _____ rather than trying to fight it (I listen to the lies I tell myself rather than talking to myself biblically).
- I'm angry at God because _____.
- I'm discontent, especially after I have _____, watched _____, or spoken to _____.

- I listen to music that is not honoring to the Lord.
- I read books and magazines that promote worldly and humanistic values.
- I am jealous of the godly way that _____ treats _____ and am resentful and angry that you don't treat me the same way. (I forget that I don't respond to you as she does to him.)

Additional areas of failure: