

# Chapter One

## The Blessing of Three Strands

### Wifestyle: Frayed or Braided



	A	B
I find it tiring to work on my marriage.	True	False
When I consider the past week, I've spent more time <i>talking</i> about issues in my marriage than <i>praying</i> about them.	True	False
I struggle to make intentional choices to rely on Jesus when interacting with my husband.	True	False
I frequently suggest ways my husband can improve his bad habits.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Complaining Pouting Frustrated	Grateful Prayerful Renewed

Please see page 25 in *A Wife's Secret to Happiness* for your results and for practical ways to grow as a braided wife.

## Chapter Two

### The Blessing of a Godly Husband

#### Wifestyle: Short or Venti



	A	B
I prefer to think of my husband as a friend, not an overseer.	True	False
Other husbands may lead their wives, but my guy isn't the leadership type.	True	False
I can cleave to my husband without leaving my parents.	True	False
I tend to appreciate romantic affection more than practical and considerate leadership.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Skeptical Defeated Conflicted	Honoring Receptive Trusting

Please see page 43 in *A Wife's Secret to Happiness* for your results and for practical ways to develop your venti wifestyle.

## Chapter Three

### The Blessing of Unity

#### Wifestyle: Duel or Dance



	A	B
I hate the idea of my husband having the final say in our home.	True	False
I may not leave room for my husband to serve as a leader in our relationship.	True	False
My strong personality or opinions dominate our decision-making process.	True	False
I'm a stronger believer than my husband, so God couldn't want me to submit to him.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Independent to a fault Judgmental Withdrawn	United Respectful Helpful

Please see page 62 in *A Wife's Secret to Happiness* for your results and for practical ways to increase your dance wifestyle.

## Chapter Four

### The Blessing of Confident Expectation

#### Wifestyle: Doubtful or Decided



	A	B
I receive a sense of identity and self-worth through my role in my marriage and the condition of my spousal relationship.	True	False
I often question God's instruction, even when I know it's him speaking.	True	False
I need to look out for myself; no one else is going to.	True	False
My experiences justify my fears.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Pessimistic Fearful Weary	Excited Hopeful Peaceful

Please see page 77 in *A Wife's Secret to Happiness* for your results and for practical ways to grow as a decided wife.

## Chapter Five

### The Blessing of a Provider

#### Wifestyle: Demand or Supply



	A	B
I am prone to “destructive dripping” dialogue instead of “constructive communication.”	True	False
When choosing between my hubby and my pet peeves, Peevie takes priority.	True	False
I compete with my husband, often without his knowledge, and find validation in my victories.	True	False
It frustrates or angers me when I don’t get what I feel I’m entitled to in my marriage.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Punishing Self-advocating Entitled	Generous Spouse-advocating Entrusted

Please see page 97 in *A Wife's Secret to Happiness* for your results and for practical ways to develop a supply wifestyle.

## Chapter Six

### The Blessing of Chayil

#### Wifestyle: Dangerous or Dame



	A	B
It's hard for me bring direct support to my husband because I have so many other responsibilities.	True	False
I avoid important conversations or seeking counsel from my spouse because I don't want to hear what he has to say.	True	False
I've perceived being a "helper" as of less value or importance than being a "leader."	True	False
When I consider my responsibilities in the home, I've mostly assumed roles, not received them through discussion and delegation.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Argumentative Critical Abrasive	Supportive Strengthening Peaceful

Please see page 113 in *A Wife's Secret to Happiness* for your results and for practical ways to grow as a dame wife.

## Chapter Seven

### The Blessing of a Good Name

#### Wifestyle: Haughty Eyes or Hottie Eyes



	A	B
My husband doesn't have my respect because he hasn't earned it.	True	False
Sharing embarrassing stories about our men is a way I bond with my friends.	True	False
My husband's recent changes are a product of my effort.	True	False
I speak or share things online without considering how my words may impact my spouse.	True	False
Many areas of conflict in my marriage would be solved if my man learned to consider me.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Corrective Instructive Poking fun	Commending Encouraging Respectful

Please see page 130 in *A Wife's Secret to Happiness* for your results and for practical ways to develop a hottie eyes wifestyle.

## Chapter Eight

### The Blessing of Dreams Fulfilled

#### Wifestyle: MVP or Dream Team



	A	B
Many of my dreams for our family are based on what I want, not on what we've decided together.	True	False
When my husband shares his dreams, I step in to coach him along in their fulfillment.	True	False
I want God to give me permission for my goals instead of seeking to receive his vision for my life.	True	False
I use difficult circumstances to justify why my husband isn't qualified as a leader.	True	False
Based on how I spend my time, it seems my personal dreams are my top priority.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Combative Coaching Overbearing	Intimate Collaborator Unified

Please see page 152 in *A Wife's Secret to Happiness* for your results and for practical ways to cultivate a dream team wifestyle.



## Chapter Nine

### The Blessing of a Safe Haven

### Wifestyle: Guarded or Grace



	A	B
I hate being the one to apologize first.	True	False
True love is my man knowing what I want or need without me telling him.	True	False
I've defined "spiritual leadership" as external activities like leading devotionals or praying out loud.	True	False
I often feel like my husband avoids having difficult conversations with me.	True	False
Past hurts keep my hubby and I from opening up to each other.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Reserved Begrudging Indifferent	Vulnerable Forgiving Teachable

Please see page 173 in *A Wife's Secret to Happiness* for your results and for practical ways to develop a grace-filled wifestyle.

## Chapter Ten

### The Blessing of Intimacy

#### Wifestyle: Subdued or Spicy



	A	B
Lovemaking is a chore, not a pleasurable experience.	True	False
My husband is a sexual being. I'm not.	True	False
I promise sex to encourage certain actions in my husband.	True	False
I support my husband in ways he finds annoying.	True	False
I carry unrealistic "sexexpectations" based on sinful experiences or Hollywood fantasies.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Parental Stressed Closed off	Aroused Connected Exposed

Please see page 193 in *A Wife's Secret to Happiness* for your results and for practical ways to grow as a spicy wife.

# Chapter Eleven

## The Blessing of Life as a Godly Wife

### Wifestyle: Pessimist or Party



	A	B
It's not worth working on my marriage unless my husband is going to make changes too.	True	False
I don't think disregarding God's instruction for my marriage will impact my relationship with him.	True	False
Submission is fine for other people, but it doesn't work for me.	True	False
Husband-leadership isn't practical.	True	False
I tolerate God's instruction in this area of my life, but there's no way I can celebrate it.	True	False
Please circle words in each column that best describe your recent attitudes or behaviors. Circle all that apply.	Uncertain Disheartened Dismissive	Faith-filled Courageous Expectant

Please see page 208 in *A Wife's Secret to Happiness* for your results and for practical ways to develop a party wifestyle.