

A man and a woman are sitting on high stools at a small, round, metallic table. They are both smiling and looking at each other. The man is on the left, wearing a dark blue long-sleeved shirt and light-colored trousers. The woman is on the right, wearing a light-colored button-down shirt and dark jeans. They are holding white mugs. The background is a large window with a grid pattern, looking out onto a city skyline. The floor is made of large, light-colored tiles.

CORONAVIRUS MARRIAGE PLANNER

Stay Connected During A Pandemic

YOU'RE NOT ALONE

Whether it's due to extreme weather or health issues or even a global pandemic, having a planner to guide you during these times is a great way to stay connected. You may have an emergency plan for where to go and what you will do in the event of a natural disaster or emergency. Some items on that list may be extra batteries, extra food and water and even extra toilet paper.

So why not have a plan around where to connect and what to do when it comes to your intimacy during times of uncertainty. It's essential to have a plan for the two of you during this time. While the circumstances may be unexpected, there's no reason that you and your spouse cannot be intentional about this time together - in your home.

Creating your plan, allows the two of you to foster a deeper sense of emotional intimacy. It provides the opportunity to discuss both creativity and structure when circumstances are out of your control. Give yourselves the time when it's quiet (maybe after the work day or after the kids have gone to bed) to work through each of the sections. Each section can take anywhere from 20-40 minutes depending on the two of you. This is only a guide though. If it takes more or less time it's OK as what is important is that you both have been able to share your thoughts and insights.

Whatever you are facing know that we are here for you. We are praying for you and for these circumstances to change.

Love you guys!

Tony & Alisa DiLorenzo

Best-selling authors and hosts of the world's #1 Marriage Podcast
[ONE Extraordinary Marriage Show](#)

CORONAVIRUS MARRIAGE PLANNER

Emotional Intimacy

When the two of you are home it may seem like you have nothing but time to have “those conversations” - you know the ones that might be uncomfortable or difficult. But being at home for days on end can actually have you avoiding conversations because you don’t want to “rock the boat”. When you have scheduled times and a place for “those conversations”, you can reduce your conflict and bring more peace to your home.

QUESTION 1

What is our plan for checking in with each other daily? (This is especially important if you are both working from home and/or have kids at home.)

QUESTION 2

When can we schedule time for conversations that are about more than just getting through the day?

QUESTION 3

How often do you think we need to be having those conversations?

QUESTION 4

Where should we have those talks? (It’s important to try and find a neutral space, getting outside if at all possible, as a change of scenery can change everything.)

CORONAVIRUS MARRIAGE PLANNER

Emotional Intimacy

QUESTION 5

How will I know when you need space or quiet time?

QUESTION 6

What is our agreement if the other asks for quiet time or time apart?

QUESTION 7

What emotions are you dealing with right now?

QUESTION 8

What are your biggest concerns with this situation?

THOUGHTS

Spending so much time with another person, and this goes for your kids as well, can magnify their quirks and habits. It can put everyone on edge but you don't have to suffer in silence.

CORONAVIRUS MARRIAGE PLANNER

Financial Intimacy

During uncertain times, finances can be one of the first areas to feel the shift. This is one intimacy where more structure can and does bring a sense of peace to the marriage.

Financial insecurity can be paralyzing in marriage. In fact it often leads couples to NOT discuss what needs to be discussed. These questions will allow the two of you to get on the same team in this key intimacy. Remember, things are not always going to be like this and having a plan allows you to face whatever is coming.

QUESTION 1

What is our plan to manage our finances during this time?

QUESTION 2

What are the possible interruptions to our income?

QUESTION 3

What unexpected costs might we have?

QUESTION 4

What costs do we need to reduce/eliminate in the short term?

CORONAVIRUS MARRIAGE PLANNER

Financial Intimacy

QUESTION 5

What reserves do we have?

QUESTION 6

What is your biggest concern about our finances?

QUESTION 7

Who do we need to contact about our payments? (Utilities, Mortgage lender, Landlord, Credit Card, Loans, etc.)

QUESTION 8

How much can we give ourselves to have a bit of fun during this time?

THOUGHTS

*It's a good idea to make a copy of your regular budget and then adjust for the present circumstances. Keeping a copy of the original allows you to not have to guess what your numbers were when things return to normal.

CORONAVIRUS MARRIAGE PLANNER

Sexual Intimacy

You are home all the time. So it would seem like sex might be on the table all the time. But... there are so many other things that can be demanding your attention when everyone is at home. This is when the conversations around your sexual intimacy really matter. High stress situations can either lead to an increase in libido or a drastic decrease and in some marriages, you'll have one of each.

QUESTION 1

What is our plan for having sex while we are home?

QUESTION 2

How will we make it work around having the kids at home?

QUESTION 3

How often do you want to have sex?

QUESTION 4

What rooms would you like to try?

CORONAVIRUS MARRIAGE PLANNER

Sexual Intimacy

QUESTION 5

What positions would you like to try?

QUESTION 6

Where are you in your cycle?

QUESTION 7

How can I romance you since we are around each other all the time?

QUESTION 8

Are you struggling to get in the mood/get your head off of our circumstances? If so, what can I do to help?

THOUGHTS

Remember that your sexual connection is a way to be fully present with your spouse, to lay all of the challenges that you are facing down for this moment in time. Give yourself permission to connect in this way.

CORONAVIRUS MARRIAGE PLANNER

Recreational Intimacy

You aren't able to leave your home but that doesn't mean that you can't still date your spouse. In fact, it becomes even more important to find opportunities to create romance and connection when you are homebound. At home dates may not be hours long affairs but that doesn't mean that they aren't special.

QUESTION 1

What ideas do you have for at home dates?

QUESTION 2

How often would you like us to schedule dates?

QUESTION 3

What games/board games would you like to try?

QUESTION 4

What video games can we play together?

CORONAVIRUS MARRIAGE PLANNER

Recreational Intimacy

QUESTION 5

What books would you like us to read?

QUESTION 6

What podcasts would you like us to listen to? (The ONE Extraordinary Marriage show is a great option!)

QUESTION 7

What movies have you been wanting to watch?

QUESTION 8

What crafts/projects would you like us to do?

THOUGHTS

Put on clean clothes or wear something special (or nothing at all - you are at home), throw on a little makeup and have fun. Romance doesn't only happen when you are able to leave the house.

CORONAVIRUS MARRIAGE PLANNER

Spiritual Intimacy

Most couples are used to going to church, or their house of worship to pray, have community and spend time with God. When you have to stay at home those normal routines are interrupted. When you know what your plan is in this area you can move, maintain your routines or even add to them.

QUESTION 1

How will we stay connected to our church during this time? (livestream, podcasts, other)

QUESTION 2

How do you feel about having worship music playing in our home?

QUESTION 3

What devotional would you be interested in doing during this time?

THOUGHTS

If faith is an important aspect of your marriage, it will become even more so during times where you are together at home. In many cases, those circumstances will be a test of your faith and having a plan to stay connected will give your faith space to grow.

ONE EXTRAORDINARY MARRIAGE

Resources

EMOTIONAL

[He Zigs, She Zags: Get Your Communication on the Same Path](#)

FINANCIAL

[Money and Marriage Series](#)

SEXUAL

[You, Your Spouse & Sex](#)

RECREATIONAL

[Dating Your Spouse Series](#)

SPIRITUAL

[Called to Love: Experiencing Your Best Marriage Through the Words of Jesus](#)