

APPENDIX A

RECREATIONAL COMPANIONSHIP INVENTORY

For the Four Gifts of Love® Class

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Name _____ Date _____

Please indicate how much you enjoy, or think you might enjoy, each recreational activity listed below. In the space provided by each activity, under the appropriate column (husband and wife), circle one of the following numbers to reflect your feelings: 3=very enjoyable; 2=enjoyable; 1=somewhat enjoyable; 0=no feelings one way or the other; -1=somewhat unpleasant; -2=unpleasant; -3=very unpleasant. Add to the list, in the spaces provided, activities that you would enjoy that are not listed. In the third column, add the ratings of both you and your spouse only if both ratings are positive. The activities with the highest sum are those that you select when planning recreational time together.

| Activity | Husband's Rating | Wife's Rating | Total Rating |
|------------------------|---------------------|------------------|-----------------|
| Acting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Aerobic Exercise | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Amusement Parks | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Antique Collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Archery | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Astronomy | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Auto Customizing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Auto Racing (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Badminton | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Baseball (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Baseball (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Basketball (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Basketball (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |

THE FOUR GIFTS OF LOVE® CLASS PARTICIPANT'S GUIDE

| Activity | Husband's Rating | Wife's Rating | Total Rating |
|----------------------------|-------------------------|----------------------|---------------------|
| Bible Study | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Bicycling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Boating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Body Building | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Bowling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Boxing (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Bridge | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Camping | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Canasta | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Checkers | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Chess | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Church Services | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Coin Collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Computer Programming | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Computer Games | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Computer _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Concerts (rock music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Concerts (classical music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Concerts (country music) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Cooking | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Cribbage | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Croquet | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Dancing (ballroom) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |

RECREATIONAL COMPANIONSHIP INVENTORY

| Activity | Husband's Rating | Wife's Rating | Total Rating |
|------------------------|-------------------------|----------------------|---------------------|
| Dancing (square) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Dancing (rock) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Dancing (_____) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Dining Out | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Fishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Flying (as pilot) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Flying (as passenger) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Football (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Football (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Gardening | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Genealogical Research | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Golf | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Ham Radio | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Handball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Hiking | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Hockey (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Hockey (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Horseback Riding | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Horse Shows (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Horseracing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Horseshoe Pitching | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Hot Air Ballooning | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Hunting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |

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| Activity | Husband's Rating | Wife's Rating | Total Rating |
|---------------------|-------------------------|----------------------|---------------------|
| Ice Skating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Ice Fishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Jogging | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Judo | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Karate | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Knitting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Metalwork | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Model Building | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Monopoly | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Mountain Climbing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Museums | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Opera | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Painting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Photography | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Pinochle | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Plays | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Poetry (composing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Poker | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Polo (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Pool (or billiards) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Quilting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Racquetball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Remodeling (home) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |

RECREATIONAL COMPANIONSHIP INVENTORY

| Activity | Husband's Rating | Wife's Rating | Total Rating |
|--------------------------|-------------------------|----------------------|---------------------|
| Rock Collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Roller Skating | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Rowing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Rummy | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Sailing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Sculpting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shooting (skeet, trap) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shooting (pistol) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shopping (clothes) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shopping (groceries) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shopping (vehicles) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shopping (_____) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Shuffleboard | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Sightseeing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Singing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Skiing (water) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Skiing (downhill) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Skiing (cross country) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Skin Diving (snorkeling) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Skydiving | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Snowmobiling | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Softball (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Softball (playing) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |

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| Activity | Husband's Rating | Wife's Rating | Total Rating |
|-------------------------|-------------------------|----------------------|---------------------|
| Spearfishing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Stamp Collecting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Surfing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Swimming | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Table Tennis | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Taxidermy | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Television | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Tennis | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Tobogganing | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Video Production | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Video Movies (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Volleyball | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Weaving | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Woodworking | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Wrestling (watching) | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| Yachting | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |
| _____ | -3 -2 -1 0 1 2 3 | -3 -2 -1 0 1 2 3 | _____ |