

HOW STRONG IS YOUR  
FRIENDSHIP WITH YOUR  
HUSBAND?



5-Ways to Make  
Friendship – The Bedrock  
for Marital Bliss



*Read The eBook*

**Hey, ladies! Can I ask you something? When was the last time you and your husband just had fun together? I'm not talking about handling the kids, paying bills, or tag-teaming chores—I mean laughing, sharing dreams, or simply enjoying each other's company. If it's been a while, don't feel bad; life gets busy, and sometimes the friendship in our marriage gets pushed to the back burner. But here's the thing: friendship is what keeps the spark alive when life feels heavy.**

**Let's dive into five powerful ways to make friendship the bedrock of your marriage.**

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### **1. Real Friendship: The Secret Sauce in Marriage**

**Ladies, let's get honest—friendship is the heart of a healthy, happy marriage. Sure, love is important, but it's friendship that gives love staying power. When you and your husband are true friends, you create a bond that's built on trust, laughter, and mutual respect. Friendship isn't just a “nice to have.” It's the glue that holds your marriage together when romance takes a backseat to real life. Think about it: wouldn't it be amazing to feel like your husband gets you and is truly your partner in every sense of the word?**

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### **2. Building the Foundation of Friendship**

**A great friendship doesn't happen overnight—it takes intentional effort. Trust, respect, and shared experiences are the building blocks. In marriage, trust is the cornerstone. Without it, everything else falls apart. Respect keeps the relationship healthy, and shared experiences build the memories that connect you. Whether it's tackling challenges together, having those heart-to-heart talks, or just sitting side-by-side on the couch, every little moment strengthens your friendship.**

### **3. Communication That Brings You Closer**

**Now, let's talk communication, because you can't have a solid friendship without it. Ladies, we've got to create a safe space where both you and your husband feel heard. This means listening with empathy, speaking with kindness, and being open to each other's thoughts—even when they're hard to hear. When you start talking like friends—vulnerable, honest, and encouraging—you build an emotional intimacy that deepens your connection.**

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### **4. Bringing Back the Fun**

**Let's face it: life can get so serious! But friendship thrives on fun. Think back to when you and your husband first started dating. What made you laugh? What did you enjoy doing together? It's time to bring some of that back. Plan a date night, play a silly game, or take up a hobby together. When you prioritize fun, you rekindle the joy in your friendship and marriage. Laughter truly is medicine for the soul—and your relationship.**

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### **5. Cheering Each Other On**

**Ladies, don't we all want to feel supported? Friendship means being your husband's biggest cheerleader and vice versa.**

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**Celebrate his victories, encourage his dreams, and support his personal growth. When you're rooting for each other, you create a dynamic marriage where both of you can thrive. And as you grow individually, you'll grow closer as a couple.**



**Friendship is the foundation of a thriving marriage. It's what keeps you connected when life gets busy and the romantic sparks feel a little dim. But the good news is, you can reignite that friendship starting today!**

**Want to take the next step toward a marriage full of love, intimacy, friendship, and endurance?**

**Visit [www.coachsheilafaye.com](http://www.coachsheilafaye.com) to schedule a discovery call. Let's rebuild and strengthen the friendship in your marriage together!**

**Remember, when God is at the center of your marriage, and friendship is the foundation, there's no limit to the joy and connection you can experience. Let's do this!**

**Next - Take the Quiz**

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## **Quiz: How Strong Is Your Friendship with Your Husband?**

**Take this quick quiz to evaluate where your friendship with your husband stands. Answer honestly, and at the end, you'll see how to strengthen this vital part of your marriage!**

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### **Question 1:**

**When was the last time you and your husband spent quality time together, just the two of you, without distractions?**

- **A. Within the past week.**
  - **B. Within the past month.**
  - **C. It's been a few months.**
  - **D. I honestly can't remember.**
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### **Question 2:**

**How often do you and your husband discuss things other than schedules, kids, or household responsibilities?**

- **A. Daily.**
  - **B. A few times a week.**
  - **C. Occasionally, but not often.**
  - **D. Rarely, if ever.**
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### **Question 3:**

**Do you and your husband laugh and have fun together?**

- **A. All the time—it's one of our strengths!**
  - **B. Occasionally, but not as much as I'd like.**
  - **C. It's been a while since we laughed together.**
  - **D. I can't remember the last time we had fun.**
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#### **Question 4:**

**How do you respond when your husband faces challenges or achieves something important?**

- **A. I'm always his biggest cheerleader—I celebrate or support him wholeheartedly.**
  - **B. I try to show support, but sometimes life gets in the way.**
  - **C. I don't always know how to respond, so I do my best.**
  - **D. I feel disconnected and don't usually engage.**
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#### **Question 5:**

**Do you feel like your husband is someone you can trust with your thoughts, fears, and dreams?**

- **A. Absolutely—we share everything.**
  - **B. For the most part, but there are things I hold back.**
  - **C. I feel unsure or hesitant to share deeply with him.**
  - **D. No, I don't feel like I can open up to him.**
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#### **Results**

##### **Mostly A's: Best Friends Forever**

**You and your husband have a strong foundation of friendship! You prioritize spending time together, having fun, and supporting each other. Keep nurturing this bond, and your marriage will continue to thrive.**

##### **Mostly B's: Good Friends, Could Be Better**

**You've got a solid friendship, but there's room to grow. Look for small ways to reconnect—plan more date nights, laugh together, and share your hearts more often. Investing in these little moments will deepen your connection.**

## **Mostly C's: Friends in Progress**

**Your friendship could use some TLC. Life may have gotten busy, but it's not too late to rebuild. Start with one intentional act—have a meaningful conversation, share a fun activity, or support his dreams. Friendship is worth the effort!**

## **Mostly D's: Strangers in the Same House**

**It sounds like your friendship needs serious rebuilding. Don't be discouraged; every great friendship starts with a single step. Begin by opening up communication and finding small ways to connect. Seek support if needed—you're not alone in this journey!**

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**Ready to take action? Head over to [www.coachsheilafaye.com](http://www.coachsheilafaye.com) for resources and personalized support to rebuild the friendship in your marriage!**