
BONUS 01 | PRESENT FOR HER

THE MARRIAGE AUDIT

A Structured Assessment For The Christian Husband
Beginning The Restoration Work

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How To Use This Audit

The 90-Day Marriage Restoration Plan in Present For Her requires a starting point. Without an accurate picture of where the marriage is right now, the work lacks direction and progress is impossible to measure.

This audit is that starting point. It covers the four areas of damage the cycle leaves inside a marriage: the Familiarity Trap, the Intimacy Gap, the Emotional Distance and the Drift Conditions. For each area, a set of specific honest questions helps you see clearly what you are restoring from before the restoration work begins.

Complete this audit before you begin Phase One of the 90-Day Plan. Answer every question in writing. Be honest rather than aspirational. What matters is accuracy, not how the answers make you feel. Nobody is reading this except you.

You will return to this audit three times: at the end of Phase One (Day 30), at the end of Phase Two (Day 60) and at the end of Phase Three (Day 90). Each time you return, answer the same questions again without looking at your previous answers first. Then compare. The difference across the three checkpoints is the evidence of the restoration work in action.

Keep this document somewhere private. The honesty it requires is the same honesty the restoration work requires. Both demand that you see the marriage as it actually is rather than as you wish it were.

DATE OF FIRST AUDIT

YOUR NAME (OPTIONAL)

SECTION ONE

The Familiarity Trap

How the cycle changed how you see and respond to your wife

Assessing The Familiarity Trap

The Familiarity Trap is the specific neurological mechanism by which the cycle conditioned your brain away from genuine desire for your wife and toward the novelty it was trained to require. These questions assess where the trap currently sits in your marriage.

Q1

When you look at your wife right now, what does your brain do in the first three seconds? Be specific about the actual sequence, not what you wish happened.

Q2

On a scale of 1 to 10, how would you rate your genuine spontaneous desire for your wife right now? (1 being almost absent, 10 being as strong as it was early in your marriage.) Circle your number and explain what brought you to that number.

1	2	3	4	5	6	7	8	9	10
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Q3

Does comparison between your wife and other women or images from the cycle enter your mind during intimacy or ordinary daily moments? How frequently and how powerfully?

Q4

Name one specific thing that is true about your wife that the cycle's lens has been making harder to see. Something about her personhood, her interior, who she actually is as a person.

SECTION TWO

The Intimacy Gap

What the cycle did to physical intimacy inside the marriage

Assessing The Intimacy Gap

The cycle erodes physical intimacy in specific, measurable ways. This section assesses the current state of physical intimacy in the marriage honestly.

Q5

How would you honestly describe the frequency and quality of physical intimacy in your marriage right now compared to the first year of marriage?

Q6

During physical intimacy with your wife, how present are you genuinely? Rate from 1 to 10 where 1 is barely present and heavily intrude upon by the cycle's images and 10 is fully present with no intrusion.

1	2	3	4	5	6	7	8	9	10
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Q7

Have you ever avoided intimacy with your wife because of concerns about your physical response or your ability to be present? Describe what that avoidance has looked like.

Q8

Does your wife seem to sense a gap in your desire for her even if she cannot name it? What signals have you observed that suggest she feels this gap?

SECTION THREE

The Emotional Distance

What the cycle's secrecy did to emotional presence in the marriage

Assessing The Emotional Distance

A man managing a significant secret cannot be fully present with his wife. These questions assess the current state of emotional availability and connection in the marriage.

Q9

On a scale of 1 to 10, how emotionally present are you with your wife in ordinary daily moments? (1 being you are in the house but rarely genuinely present, 10 being you are consistently available and engaged.)

1	2	3	4	5	6	7	8	9	10
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Q10

When your wife tries to come emotionally close, what is your instinctive response? Do you move toward her or find yourself managing the closeness? Be honest about what actually happens rather than what you intend to happen.

Q11

When did you last share something genuinely vulnerable with your wife? Something real from your interior that you had not already resolved before sharing it. Describe that moment briefly.

Q12

How would your wife describe your emotional availability right now if she were being completely honest? Write what you genuinely believe she would say, not what you hope she would say.

SECTION FOUR

The Drift Conditions

The specific conditions the cycle created that require deliberate closing

Assessing The Drift Conditions

The cycle builds specific conditions that make the marriage vulnerable to drift toward physical infidelity. This section requires the most honesty of any section in the audit. Answer accurately. The protection of your marriage depends on seeing these conditions clearly.

Q13

Does your brain process women you encounter outside your marriage differently from how you believe it should? Do you notice, linger, compare or categorise in ways that concern you?

Q14

Is there currently any woman in your life, work, church or social environment toward whom your attention drifts more than it should? Be honest. If yes, describe the situation without naming names.

Q15

Are you sharing any emotional dimension of your interior life with a woman who is not your wife? This includes conversations that feel more honest or more connecting than conversations with your wife.

Q16

On a scale of 1 to 10, how protected do you believe your marriage currently is from the drift that the cycle's conditioning creates? (1 being very vulnerable, 10 being very protected.) Explain your answer.

1	2	3	4	5	6	7	8	9	10
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What To Do With What You See

Look at your answers across all four sections. Do not evaluate them against an ideal. Evaluate them against honesty. What you have written is an accurate picture of where the marriage is right now, before the restoration work begins.

Some answers will be harder to read than others. That is the audit working. The areas that are most uncomfortable to look at are the areas that need the most deliberate work in the 90-Day Plan. Let the discomfort direct your energy rather than cause you to look away.

RETURN SCHEDULE

DAY 30: END OF PHASE ONE

Answer all 16 questions again without looking at your original answers. Then compare. Focus specifically on the numbers in the scale questions and whether they have moved.

DAY 60: END OF PHASE TWO

Answer all 16 questions again. Compare against both Day 1 and Day 30 answers. The emotional distance questions in Section Three should show the most movement at this checkpoint.

DAY 90: END OF PHASE THREE

Final comparison. All four sections. Read your Day 1 answers alongside your Day 90 answers. The man who wrote those first answers and the man writing these answers are measurably different. That difference is the restoration work made visible.

The audit does not tell you whether you are a good husband or a bad one. It tells you where the marriage is and where the work needs to go. Use it for that purpose and nothing else. The restoration is already underway.