

# SPICE INDEX – Subfertile Couple

Confidential Assessment

Person Completing SPICE INDEX       Woman    Man

**Instructions** Please answer the following questions to the best of your ability and bring this form with you to your second follow up.

Using the scale      1 = Poor   2 = Fair   3 = Good   4 = Very good   5 = Excellent

**At the present time, how would you rate the following?**      **Rate yourself**      **Rate your spouse**

<p><b>A.</b> Dialogue (communication) with your spouse</p> <p><b>B.</b> Mutual respect for each other</p> <p><b>C.</b> Sharing responsibility of charting and treatment</p> <p><b>D.</b> The ability to express tenderness and affection</p>	<p><b>A</b></p> <p><b>B</b></p> <p><b>C</b></p> <p><b>D</b></p>	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>	<p><b>A</b></p> <p><b>B</b></p> <p><b>C</b></p> <p><b>D</b></p>	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>
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Using the scale   1 = Strongly disagree   2 = Disagree   3 = Don't know   4 = Agree   5 = Strongly agree

**At the present time, how would you rate the following?**      **Rate yourself**      **Rate your spouse**

<p><b>E.</b> I am satisfied with our level communication.</p> <p><b>F.</b> I am satisfied with the amount of time we spend together.</p> <p><b>G.</b> I am satisfied with the amount of time we pray together</p> <p><b>H.</b> I can be vulnerable, share my dreams and cry with you</p> <p><b>I.</b> I dearly want us to have a child – but not at any cost</p> <p><b>J.</b> If we never have a child, I can accept that possibility</p>	<p><b>E</b></p> <p><b>F</b></p> <p><b>G</b></p> <p><b>H</b></p> <p><b>I</b></p> <p><b>J</b></p>	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>	<p>.</p> <p>.</p> <p>.</p> <p>.</p> <p>.</p> <p>.</p>	<p><b>E</b></p> <p><b>F</b></p> <p><b>G</b></p> <p><b>H</b></p> <p><b>I</b></p> <p><b>J</b></p>	<div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto;"></div>
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**[Discuss important issues above – Be Gentle!!]**

TOTAL POINTS

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Score   A = 40-50;   B = 30-39;   C = 20-29;   D = 19 or less

**Discussion points**

- The early years – how you met, first date, proposal, holiday memories
- Recall funny moments you shared together
- Count your blessings – consider all the positive things in your life right now
- Renew date nights – surprise each other
- How will we share our love if not through our own children? – Ask God to show you His plan for loving service through your marriage. “Here we are Lord, Show us how our love can live”
- When you are feeling low about infertility
  - How do we talk about it?
  - What can we do to help each other?
  - What does embracing the cross of Infertility actually mean?