

MARRIAGE ASSESSMENT

Name	Date
DIRECTIONS: Answer the following questions g	iving an honest assessment of your marriage.
Feel free to add explanatory co	mments.

	Strongly Disagree					Strongly Agree						
Spiritual Development												
 We read the Bible together on a regular basis 	1	2	3	4	5	6	7	8	9	10		
2. We pray together on a regular basis	1	2	3	4	5	6	7	8	9	10		
3. I pray for my spouse regularly	1	2	3	4	5	6	7	8	9	10		
4. We have a God-centered relationship	1	2	3	4	5	6	7	8	9	10		
5. We attend church together on a regular basis	1	2	3	4	5	6	7	8	9	10		
Selfless Attitude and Behavior												
6. My spouse has my best interest at heart	1	2	3	4	5	6	7	8	9	10		
7. I have my spouse's best interest at heart	1	2	3	4	5	6	7	8	9	10		
My spouse looks out for my interests as much or more than his/her own	1	2	3	4	5	6	7	8	9	10		
I look out for my spouse's interests as much or more than my own	1	2	3		5	6	7	8	9	10		
10. I am committed to my marriage	1	2	3	4	5	6	7	8	9	10		
11. I put my spouse's interests before my own	1	2	3	4	5	6	7	8	9	10		
12. My spouse is trustworthy (does what they say will do)	1	2	3	4	5	6	7	8	9	10		
13. My spouse is committed to our marriage	1	2	3	4	5	6	7	8	9	10		
14. We make our marriage a priority	1	2	3	4	5	6	7	8	9	10		
Children (if applicable)												
 Our children are not allowed to be a hindrance to our marriage 	1	2	3	4	5	6	7	8	9	10		
We have a God-centered rather than a child centered marriage	1	2	3	4	5	6	7	8	9	10		
17. We support each other's authority to the kids	1	2	3	4	5	6	7	8	9	10		
18. We do not allow the children to divide us	1	2	3	4	5	6	7	8	9	10		

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ABC	Strongly Disagree			•	Strongly Agree					
Communication			-		-					
19. My spouse uses his/her speech to build me up rather than to tear me down	1	2	3	4	5	6	7	8	9	10
20. I use my speech to build up my spouse	1	2	3	4	5	6	7	8	9	10
21. I speak positively about my spouse to others	1	2	3	4	5	6	7	8	9	10
22. My spouse speaks positively about me to others	1	2	3	4	5	6	7	8	9	10
23. I speak truthfully to my spouse	1	2	3	4	5	6	7	8	9	10
24. My spouse speaks truthfully to me	1	2	3	4	5	6	7	8	9	10
Relationship Building Activities										
25. I look forward to spending time with my spouse	1	2	3	4	5	6	7	8	9	10
26. We go out together on a regular basis	1	2	3	4	5	6	7	8	9	10
27. We have couple friends with good marriages	1	2	3	4	5	6	7	8	9	10
Physical Intimacy										
28. We have a mutually satisfying sexual relationship	1	2	3	4	5	6	7	8	9	10
29. We make love frequently	1	2	3	4	5	6	7	8	9	10
30. My body is not my own but also belongs to my spouse	1	2	3	4	5	6	7	8	9	10
31. I am the object of my spouse's sexual desires.	1	2	3	4	5	6	7	8	9	10
32. My spouse is the object of my sexual desires	1	2	3	4	5	6	7	8	9	10
33. My spouse is faithful to me	1	2	3	4	5	6	7	8	9	10
34. I am faithful to my spouse	1	2	3	4	5	6	7	8	9	10
35. I am affectionate with my spouse	1	2	3	4	5	6	7	8	9	10
36. My spouse is affectionate with me	1	2	3	4	5	6	7	8	9	10
Issues										
37. I do not use pornography	1	2	3	4	5	6	7	8	9	10
38. My spouse does not use pornography	1	2	3	4	5	6	7	8	9	10
39. I have not been physically abusive with my spouse	1	2	3	4	5	6	7	8	9	10
40. My spouse has not been physically abusive with me	1	2	3	4	5	6	7	8	9	10
41. I do not abuse alcohol, illegal or prescription drugs	1	2	3	4	5	6	7	8	9	10
42. My spouse does not abuse alcohol or drugs	1	2	3	4	5	6	7	8	9	10
Financial										
43. We are financially stable	1	2	3	4	5	6	7	8	9	10
44. We do not have conflict over financial issues	1	2	3	4	5	6	7	8	9	10
45. We generally agree on the use of our resources	1	2	3	4	5	6	7	8	9	10
46. We are not in significant debt	1	2	3	4	5	6	7	8	9	10

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