

The State of Your Union

Marriage Health Assessment

Time (Love is spelled - T-I-M-E)

1. My spouse spends more time with friends.	Yes	No
2. We have date nights regularly.	Yes	No
3. I feel like I get the leftovers.	Yes	No
4. I get excited about spending time with my spouse.	Yes	No
5. My spouse is too busy for me.	Yes	No
6. My partner and I go to bed at the same time.	Yes	No
7. My partner puts other relationships ahead of ours.	Yes	No

Sex Life (The barometer for your marriage)

8. I feel good about our sex life.	Yes	No
9. Sex is boring and predictable.	Yes	No
10. We have a lot of passion.	Yes	No
11. I feel tempted often.	Yes	No
12. We try new things in bed.	Yes	No
13. Having sex is rarely spontaneous.	Yes	No
14. We have sex with each other at least twice a week.	Yes	No
15. My partner rarely initiates sex.	Yes	No
16. My partner is affectionate.	Yes	No
17. My partner thinks porn is acceptable in marriage.	Yes	No
18. My spouse likes my advances.	Yes	No
19. We argue a lot about our sex life.	Yes	No
20. My spouse is "hot".	Yes	No
21. I fear my partner is thinking about past lovers.	Yes	No

Communication (The "life-blood" of any relationship)

22. Generally speaking my partner listens to me.	Yes	No
23. I am put down and belittled by my partner.	Yes	No
24. I can share my feelings easily.	Yes	No
25. My partner is harsh towards me.	Yes	No
26. My spouse says "I love you" everyday.	Yes	No
27. My partner doesn't say what is bothering him/her.	Yes	No
28. My partner enjoys listening to my stories or jokes.	Yes	No
29. My spouse doesn't hear me on certain issues.	Yes	No
30. I am honest with my partner.	Yes	No
31. I feel shame from my partner.	Yes	No
32. My spouse uses endearing terms often.	Yes	No
33. Do you go long periods of time without speaking?	Yes	No

Emotional Connection (Am I on your mind?)

34. I completely trust my spouse.	Yes	No
35. My partner instills fear in me.	Yes	No
36. My partner understands me.	Yes	No
37. I feel like we are mere roommates.	Yes	No
38. My partner trusts me.	Yes	No

39. My partner is ashamed of me.	Yes	No
40. My partner really cares when I am sad or mad.	Yes	No
41. I feel neglected by my partner.	Yes	No
42. My partner stands up for me.	Yes	No
43. I feel smothered by my partner.	Yes	No
44. I feel that my spouse really needs me.	Yes	No
45. My partner is detached from me.	Yes	No
46. My partner often asks or inquires about my life.	Yes	No
47. My spouse is jealous of me.	Yes	No
48. I rarely, if ever, feel lonely.	Yes	No
49. I feel shut out by my partner.	Yes	No
50. I rarely feel any kind of rejection from my partner.	Yes	No
51. I am envious of other people's marriage.	Yes	No
52. My partner likes me.	Yes	No
53. I feel emotionally starved.	Yes	No
54. My partner supports my pursuits.	Yes	No
55. I feel like I am out of control.	Yes	No

Security (How safe do you feel?)

56. I deflect the real problem to avoid more shame.	Yes	No
57. My partner would never leave me.	Yes	No
58. My partner voices his or her commitment to me.	Yes	No
59. My spouse had threatened divorce.	Yes	No
60. Our future seems bright.	Yes	No
61. My spouse compares me to others.	Yes	No
62. My spouse is there for me in hard times.	Yes	No
63. I'd rather lie than deal with the real issue.	Yes	No
64. I can tell my partner anything.	Yes	No
65. I fear my partner will leave me eventually.	Yes	No
66. My spouse believes divorce is devastating.	Yes	No
67. I can never make my spouse happy.	Yes	No
68. I feel loved and accepted.	Yes	No
69. I have to pry things out of my partner.	Yes	No
70. My spouse is a strong encourager.	Yes	No
71. My spouse and I have different values and goals.	Yes	No
72. My partner compliments me often.	Yes	No
73. I feel trapped.	Yes	No
74. I often feel my spouse would do fine without me.	Yes	No
75. I am suspicious of my partner.	Yes	No
76. My partner have friends I do not approve of.	Yes	No

Body Image (As a man thinks so is he)

77. I am always comparing myself with others.	Yes	No
78. My spouse thinks I'm attractive.	Yes	No
79. I have given up on my body.	Yes	No
80. I like the way I look.	Yes	No
81. My spouse tells me I'm fat or overweight.	Yes	No
82. My spouse tells me often I look good.	Yes	No

83. I try to hide my body from my spouse.	Yes	No
84. I have a healthy sense of confidence.	Yes	No
85. My spouse looks lustfully at others.	Yes	No
86. I have hope that I can look and feel better.	Yes	No
87. I don't care the way I look.	Yes	No

Fun & Friendship (Are we friends yet?)

88. We have a hobby we share together.	Yes	No
89. My partner and I have no common interests.	Yes	No
90. My spouse thinks I am fun to be with.	Yes	No
91. I feel bored in our relationship.	Yes	No
92. We do fun things together.	Yes	No
93. My spouse treats me like a child/business partner.	Yes	No
94. We plan vacations, dates, and parties together.	Yes	No
95. My partner despises my hobbies and interests.	Yes	No
96. We had a date night this past month.	Yes	No
97. I can't remember the last time we had fun together.	Yes	No
98. We laugh a lot.	Yes	No

Respect & Appreciation (How grateful and dignified are you?)

99. My partner rolls his/her eyes a lot when I speak.	Yes	No
100. I feel respected by my spouse.	Yes	No
101. My spouse always brings up my past failures.	Yes	No
102. I feel very appreciated.	Yes	No
103. My spouse fights "below the belt."	Yes	No
104. My partner shows gratitude.	Yes	No
105. My partner calls me names.	Yes	No
106. My spouse writes me notes of appreciation.	Yes	No
107. My partner hits me.	Yes	No
108. My partner brags on me to others.	Yes	No
109. My partner is selfish and self-centered.	Yes	No
110. People know never to talk about my partner.	Yes	No
111. My opinion matters a lot to my spouse.	Yes	No

Forgiveness (The new "F" word)

112. My partner is more of a giver than a taker.	Yes	No
113. I feel so hurt many times beyond words.	Yes	No
114. I get over things quickly.	Yes	No
115. Sometimes I want to hurt my partner.	Yes	No
116. I am quick to say "I'm sorry."	Yes	No
117. Sometimes I feel rage.	Yes	No
118. My partner is quick to apologize.	Yes	No
119. I sometimes picture myself divorced.	Yes	No
120. I am free from bitterness and resentment.	Yes	No
121. At times I feel like I hate my spouse.	Yes	No
122. We make up passionately after a big fight.	Yes	No
123. I am ready to leave.	Yes	No

Arguments (Fighting fair)

124.I refrain from yelling during an argument.	Yes	No
125.My partner fights me on everything.	Yes	No
126.My spouse refuses to yell.	Yes	No
127.I never win an argument.	Yes	No
128.I show humility when confronted.	Yes	No
129.I feel controlled and dominated.	Yes	No
130.My spouse shows remorse for hurting me.	Yes	No
131.We rarely, if ever fight.	Yes	No
132.We get over things rather quickly.	Yes	No
133.My partner keeps bringing up the past.	Yes	No
134.I have a tender heart.	Yes	No
135.My spouse has a hard heart.	Yes	No
136.My spouse is fairly easy going.	Yes	No
137.My spouse is very defensive.	Yes	No

Socially Speaking (Entertainment choices)

138.My partner hates smoking and so do I.	Yes	No
139.My partner has social habits I disagree with.	Yes	No
140.My partner refrains from drug use.	Yes	No
141.My partner drinks too much.	Yes	No
142.I despise illegal drug use.	Yes	No
143.My partner is flirtatious.	Yes	No
144.My spouse likes my friends.	Yes	No
145.My partner puts self in compromising situations.	Yes	No
146.I like my spouse’s friends.	Yes	No
147.My partner visits establishments I disagree with.	Yes	No

Expectations (Is this what you signed up for?)

148.People think we have a great marriage.	Yes	No
149.I often compare my partner to my ex’s.	Yes	No
150.My relationship is what I dreamed it would be.	Yes	No
151.I could imagine my life without my mate.	Yes	No
152.My partner exceeded my expectations.	Yes	No
153.My mate vocalizes their disappointment often.	Yes	No

ODD-NUMBERED “YES” RESPONSES _____

EVEN-NUMBERED “NO” RESPONSES _____

OVERALL TOTAL _____

ASSESSMENT SCORING

- 75 or more You are in marital disarray and need intervention NOW! (DANGER ZONE)
- 51-74 You are on the brink of relational ruin; living separate lives. (CLIFF AHEAD)
- 35-50 You are relationally average. (SO-SO / NEEDS IMPROVEMENT AND CONSISTENCY)
- 21-34 You are doing fairly well but need to keep priorities in tact. (GOING STRONG)
- 20 or less You need to be a marriage mentor to others. (MARITAL STUD MUFFINS)