



WORK ON YOUR MARRIAGE *and your marriage will work!*

Strengthening marriages through relationship education and coaching

The Amazing Gift of YOUR Marriage...

An assessment of how your marriage is a benefit to you and your spouse.

According to research done by Linda Waite and Maggie Gallagher and published in their book, “The Case for Marriage,” couples in successful marriages experience a great number of personal benefits. Twelve of the most outstanding are selected here to assist you in assessing the “successfulness” of your marriage.

This assessment is merely a tool to help you take a look at your marriage, to give you a “snapshot” of how marriage is a gift in your life, and to identify areas where some attention is needed. This is also the pre-workshop homework for couples attending The Amazing Gift of Your Marriage workshop or coaching session.

Directions: Read through the following list of benefits of a successful marriage, then complete the assessment that follows. Give the answer that best fits the statement; very often it will be the first one that “pops” in your head.

1. **Teamwork:** Successful couples approach their life together as a team.
2. **Self-discovery:** Successful couples discover their separate gifts and develop them in a complementary way.
3. **Maturity:** Successful couples hold one another accountable; each becomes a better person.
4. **Wealth-building:** Successful couples take positive steps to create wealth but do not allow wealth to become the center of their relationship.
5. **Healthy Lifestyles:** Successful couples live healthy lifestyles.
6. **Workplace Success:** Successful couples bring the gifts and talents from their marriage to help them succeed in the workplace or managing the home, for those who are homemakers.
7. **Good Neighbors:** Successful couples bring the gifts and talents from their marriage to help them be a good neighbor and involved citizen.
8. **The Best Caregivers:** Successful couples take care of one another during illness and personal crisis.
9. **Friends:** Successful couples have fun together as life-long friends and companions.
10. **Children:** Successful couples welcome children into their lives if they can have children, and when they cannot, they find ways to unselfishly give themselves to others.
11. **Mental and Emotional Health:** Successful couples manage stress, learn to work out conflicts before they get out of hand, and keep a positive, hopeful view of life.
12. **Great Sex:** Successful couples enjoy a mutually satisfying sex life that is pleasurable, frequent enough, and a favorite way of saying “I love you.”





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IS YOUR MARRIAGE SUCCESSFUL? Take the assessment and find out!

Directions: Read each statement and circle the answer that best describes your marriage.

- 1A. We approach our life together as a team.
1) Always 2) Mostly 3) Sometimes 4) Never
- 1B. We know how to tackle a project together and successfully complete it.
1) Always 2) Mostly 3) Sometimes 4) Never
- 2A. My spouse is very gifted and uses his/her gifts to enrich our family.
1) Always 2) Mostly 3) Sometimes 4) Never
- 2B. My spouse is very aware of my gifts and encourages me to use them to enrich our family.
1) Always 2) Mostly 3) Sometimes 4) Never
- 3A. Marriage brings out the best in me.
1) Always 2) Mostly 3) Sometimes 4) Never
- 3B. I can look back on my marriage and see how, through it, I have become a better person.
1) Always 2) Mostly 3) Sometimes 4) Never
- 4A. I am satisfied that we have the money we need to live the life-style we want to live.
1) Always 2) Mostly 3) Sometimes 4) Never
- 4B. We agree on our approach to money, how we are to save, spend, and give a portion of it to charity.
1) Always 2) Mostly 3) Sometimes 4) Never
- 5A. We are committed to and work at living a healthy lifestyle including nurturing a spiritual life.
1) Always 2) Mostly 3) Sometimes 4) Never
- 5B. We have a healthy balance of work, leisure time, diet, exercise, spirituality, and sleep.
1) Always 2) Mostly 3) Sometimes 4) Never
- 6A. My relationships at work (or home for the homemaker) are very positive and productive.
1) Always 2) Mostly 3) Sometimes 4) Never
- 6B. I am confident at what I do, and receive affirmation and encouragement for it.
1) Always 2) Mostly 3) Sometimes 4) Never
- 7A. My spouse takes good care of me when I am not feeling well.
1) Always 2) Mostly 3) Sometimes 4) Never
- 7B. My spouse is the first person that I turn to for care when I am not feeling well.
1) Always 2) Mostly 3) Sometimes 4) Never
- 8A. It is very important to us to be a good neighbor and pay attention to what is going on in the community.
1) Always 2) Mostly 3) Sometimes 4) Never
- 8B. We are active in helping our neighborhood and community become a better place to live.
1) Always 2) Mostly 3) Sometimes 4) Never

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Marriage assessment... continued

- 9A. My spouse and I are good friends and have fun going through life together.
1) Always 2) Mostly 3) Sometimes 4) Never
- 9B. We regularly make time for fun and leisure activities that we do together.
1) Always 2) Mostly 3) Sometimes 4) Never
- 10A. **For those with children:** Our children wonderfully enrich our marriage.
1) Always 2) Mostly 3) Sometimes 4) Never
- 10B. Parenthood has brought us closer together.
1) Always 2) Mostly 3) Sometimes 4) Never
- 11A. We have little stress in our lives. We exercise, eat right, and make time for spirituality.
1) Always 2) Mostly 3) Sometimes 4) Never
- 11B. We are very good at dealing with conflict and dealing with difficult issues.
1) Always 2) Mostly 3) Sometimes 4) Never
- 12A. I am satisfied with our sexual life and find it pleasurable, meaningful, and frequent enough.
1) Always 2) Mostly 3) Sometimes 4) Never
- 12B. As we get older we are able to speak with each other about our changing needs related to sex.
1) Always 2) Mostly 3) Sometimes 4) Never

Tally your score. Count the number of 1s, 2s, 3s, and 4s you circled. Write down each tally, then multiply that number by the indicated factor (e.g. If you had eight 1s, the score would be $8 \times 1 = 8$. If you had eight 2s, the score would be $8 \times 2 = 16$). Add the sums together to determine your total score. The lower the score, the more successful the marriage.

Your score:
Number of 1s: _____ x 1 = _____
Number of 2s: _____ x 2 = _____
Number of 3s: _____ x 3 = _____
Number of 4s: _____ x 4 = _____
Total = _____

Example:
Number of 1s: <u>7</u> x 1 = <u>7</u>
Number of 2s: <u>13</u> x 2 = <u>26</u>
Number of 3s: <u>3</u> x 3 = <u>9</u>
Number of 4s: <u>1</u> x 4 = <u>4</u>
Total = <u>46</u>

Your results?

With children:

24 or less = Very Successful Marriage

25 - 48 = Successful Marriage

49 - 72 = Marriage Needs Attention

73 - 96 = HELP!

Without children:

22 or less = Very Successful Marriage

23 - 44 = Successful Marriage

45 - 66 = Marriage Needs Attention

67 - 88 = HELP!

