



WORK ON YOUR MARRIAGE

and your marriage will work!

Strengthening marriages through relationship education and coaching

Marriage Success Assessment: helping you identify how your marriage is an amazing gift to you as a couple and the areas of your marriage that need some attention. 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. I am also drawing on insights from Willard Harley’s book, *His Needs, Her Needs: Building an Affair-Proof Marriage*. This assessment is merely a tool to help you take a look at your marriage and identify where your relationship is strong, and to identify areas where your relationship needs attention.

Directions:

1. Read through the list of twelve qualities of a successful marriage.
2. Complete the relationship assessment separately. Give the answer that best fits the question; very often it will be the first one that “pops” in your head. **DO NOT SHARE YOUR ANSWERS WITH YOUR SPOUSE.**
3. Use the chart on the last page to prioritize the 12 categories of successful marriage for their importance in your life.
4. Robert will meet with each of you privately to review your relationship assessment before asking you to share your responses with each other.

1. **Teamwork:** Successful couples approach their life together as a team without suppressing one’s individuality.
2. **Acceptance/Maturity:** Successful couples accept each other as is, and help each other to mature, each becoming a better person.
3. **Faith and Community** – Successful couples find in God (and/or a spiritual presence) the wisdom and inner strength necessary to succeed in love, and form relationships with like-minded people for mutual support.
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 eat balanced diets, exercise and get enough sleep.
6. **Workplace Success:** Successful couples help one another succeed in the workplace and/or in 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. **Welcoming Children:** Children succeed when marriages succeed. 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. **Affection & Sexual Intimacy:** Successful couples show one another appropriate affection (hugs, kisses, holding hands, love notes, etc.) and enjoy a mutually satisfying sex life that is pleasurable, frequent enough, and a favorite way of saying “I love you.”

Relationship Assessment On a scale from 1 to 10, indicate your level of agreement with the following statements with a 10 = Yes, 5 = Sometimes, and a 1 = No.

1 A. We approach life in terms of “us.” (Circle one)

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

1 B. We know how to communicate clearly and successfully complete a project together.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

2 A. My spouse affirms my gifts and talents, and accepts me as I am; she/he doesn’t try to change me.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

2 B. I can look back on this relationship and see that I have matured and have become a better person.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

3 A. Our relationship helps me to draw on an inner wisdom and strength that comes from God and/or spiritual presence.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

3 B. We have a network of friends who share our beliefs and with whom we offer mutual support and friendship.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

4 A. I am satisfied that we will have the money we need to live the lifestyle we want to live.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

4 B. We agree on our approach to money: how we will save, spend, and give a portion of it to charity.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

5 A. We are committed to and work at living a healthy lifestyle by eating healthy, exercising, and getting enough sleep.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

5 B. Our relationship is free from any negative effects of excessive use alcohol, drugs, and/or tobacco.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

6 A. I work outside the home, like my job, and find my spouse very supportive.

No	Sometimes					Yes
1	2	3	4	5	6	7 8 9 10

(or) I am a homemaker, I like being at home, and my spouse is very supportive.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

6 B. I am fully satisfied with how my spouse and I share the workload at home..

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

7A My spouse and I care about what's going on in the community and take time to reach out to others in need.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

7B We pay attention to what is going on in the community and are committed to being active citizens.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

8 A. When I am sick my spouse is the first person I turn to for care and comfort.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

8 B. When my spouse is sick, I am the first person my spouse turns to for care and comfort.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

9 A. My spouse is my best friend and is the person I most like to do things with for fun.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

9 B. I enjoy talking with my spouse and confiding in him/her my thoughts and feelings.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

10 A. My spouse comes from a home in which children were welcomed, cared for, and loved.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

10B. I came from a home in which children were welcomed, cared for, and loved.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

10C. We have discussed and agree on the following: (only check those areas on which you both agree):

- The number of children we would like to have
- Methods for family planning, including Natural Family Planning
- Balancing work with family
- Sharing chores while married, working, and with children
- Discipline of children
- We cannot have children
- We are willing to adopt
- Other _____

11A. My spouse is very good at managing stress.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

11B I am very good at managing stress.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

11C. We deal with conflict immediately and are careful not to hurt one another with ours words or actions.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

11D. My parents dealt with conflict immediately and were careful not to hurt one another with their words or actions.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

12A. I am satisfied with how my spouse shows me affection, e.g. holding hands, kissing, giving hugs, leaving love notes.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

12B. I am satisfied with the frequency of our sexual life.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

12C. I am satisfied with the enjoyment of our sexual life.

No	Sometimes							Yes	
1	2	3	4	5	6	7	8	9	10

The Status of Your Relationship:

Add up the numbers you circled from each of the statements with a 1 – 10: _____ (Total).

Circle the relationship status below that applies to you.

189 or above

Doing great; keep it up!

135 to 188

Doing okay; needs some attention!

134 or less

Struggling; some areas may need serious attention.

Qualities of a Healthy Marriage	My Priority	Spouse Priority	Common Priority
Teamwork			
Acceptance/Maturity			
Faith and Community			
Wealth-building			
Healthy Lifestyles			
Workplace Success			
Good Neighbors			
The Best Caregivers			
Friends			
Welcoming Children			
Mental and Emotional Health			
Affection & Sexual Intimacy			

Reflection Questions:

1. What did you learn about your relationship in completing this assessment and sharing it with your spouse?
2. Where is your relationship successful?
3. Where does your relationship need some attention?
4. Complete the following sentence:

“When I consider how successful my marriage is I feel _____

Here’s a List of possible feelings to help you pay attention to how you feel when you consider the level of success of your marriage; you may have a combination of feelings:

Hopeful accepted loved affirmed respected confident excited joyful
Despairing confused misunderstood sad disappointed dissatisfied frustrated angry

Because...

