

Marriage Strength Assessment

“Not At All”					“Very Much”					
1	2	3	4	5	6	7	8	9	10	
					Self			Spouse		
1. Committed to the marriage and to its health and growth.										
2. Expresses appreciation to spouse.										
3. Accepts and enjoys spouse’s unique traits and habits.										
4. Listens carefully and respects the feelings of spouse and self.										
5. Warmly gives and receives physical affection and intimacy.										
6. Takes good care of self in terms of nutrition, exercise, and rest; avoids substance abuse.										
7. Uses money, space, and time fairly and wisely.										
8. Accepts responsibility for one’s thoughts, words, and actions; does not blame.										
9. Willing to try to see things from spouse’s viewpoint.										
10. Has good conflict-management skills.										

11. Appropriately attentive to the spiritual needs of self and spouse.		
12. Focuses on the positive; sees opportunities even in the midst of difficulties.		
13. Able to forgive spouse and self for mistakes and hurts.		
14. Does fair share of home and family related chores.		
15. Spends regular quality time with spouse.		
16. Even in challenging situations, stays calm and attuned to inner sense of what is best.		
17. Shares and supports interest and goals of spouse.		
18. Appropriately involved in interests, activities, and friendships <i>separate</i> from spouse.		
19. Willing to reach out to friends and professionals when help is needed.		
20. Enjoys life; likes to play and have fun; smiles and laughs.		