

MARRIAGE ASSESSMENT TOOL



Directions: Circle all that apply to your current relationship.

- ✓ My spouse does not meet my needs.
- ✓ I fear my spouse is having an affair.
- ✓ I'm having an affair.
- ✓ I'm not in love with my spouse.
- ✓ My spouse does not love me.
- ✓ I want out of the marriage but don't know how to leave.
- ✓ My relationship is physically abusive.
- ✓ My spouse has an anger problem.
- ✓ I have an anger problem.
- ✓ Something about my spouse scare me.
- ✓ I'm afraid of hurting my spouse.
- ✓ My spouse is addicted to pornography.
- ✓ I'm addicted to pornography.
- ✓ I'm not interested in sex with my spouse.
- ✓ My spouse is not interested in sex with me.
- ✓ We disagree about how to spend money.
- ✓ We put the children before our relationship.
- ✓ We disagree about how to rear the children.
- ✓ Our in-laws / parents are interfering with our relationship.
- ✓ My spouse does not stand up or defend me with his family.
- ✓ My spouse does not like me working at my current job.
- ✓ My spouse is very demanding and "high maintenance".
- ✓ My spouse does not respect or appreciate me.
- ✓ My spouse belittles me.
- ✓ I've lost all respect for my spouse.
- ✓ I cannot forgive my spouse.
- ✓ My spouse will not forgive me and uses the past against me.