

MARRIAGE CHECK-UP

1. On a scale of 1-10, how would you rate the success of your marriage in:
 - a. ____ Spiritual matters
 - b. ____ Communication
 - c. ____ Conflict resolution
 - d. ____ Sexual relationship
 - e. ____ In-law relationships
 - f. ____ Finances
 - g. ____ Quality time together
 - h. ____ Overall satisfaction in your marriage

2. Are you daily spending time in the Word of God and prayer?

3. Are you applying the truths which you have learned?

4. Are you praying together as a couple?

5. Who is leading out in spiritual matters?

6. What are some pressures you are dealing with?

7. In light of your life situation, which of these pressures must you learn to live with, and which can you do something about?

8. What can be done to create a better atmosphere in your home?

9. In Genesis 2:18-24 God's design for marriage is described as leaving, clinging, and becoming one. What do the above words mean to you?

10. Have you left your parents? . . . Do feel the parents are too involved in your marriage?

11. In your opinion is your spouse clinging to individual activities, unmarried friends or parents instead of you?

12. Does your mate:
- | | |
|--|----------------|
| a. Criticize you in front of others? | Yes ___ No ___ |
| b. Allow for your differences? | Yes ___ No ___ |
| c. Keep a list of grievances? | Yes ___ No ___ |
| d. Show you how much you are loved? | Yes ___ No ___ |
| e. Find fault with your family? | Yes ___ No ___ |
| f. Share household duties? | Yes ___ No ___ |
| g. Spend money not allowed for in the budget? | Yes ___ No ___ |
| h. Remain silent if you are criticized by a family member? | Yes ___ No ___ |
| i. Constantly tell you that you are failing? | Yes ___ No ___ |
| j. Compare you to someone else? (husband or wife) | Yes ___ No ___ |

13. What areas of weakness in you does your spouse find irritating? . . . What have you done about it?

14. Which two (2) of the following best describes how you relate when you disagree:

- a. ___ Sit down and talk.
- b. ___ Clam up and refuse to talk.
- c. ___ Stand over your spouse to control conversation.
- d. ___ Argue.
- e. ___ Talk in as normal a voice as possible.
- f. ___ Raise voice. (yell)
- g. ___ Use God's Word when talking about issues.
- h. ___ Try to discover the cause of the problem.
- i. ___ Ignore the problem.

15. How can you better show your spouse that you think they are important to you?

16. Husband, how are doing as a leader? . . . Wife - do you agree with his evaluation?

17. Wife, how are you doing in being his helper? . . . Husband - do you agree with her evaluation?

18. Husband - How can your wife encourage you to be a better leader?

19. Wife - How your husband make it easier for you to follow him?

20. Are there any other issues that you think we need to talk about?