Marital Performance **Spouse** Check List (MP**S**CL)

[ ] Husband [ ] Wife

Circle the number that best describes **your spouse's** performance in the marriage.

1	2	3	4	5	6	7	8	9	10
Not a good spouse					Okay Spouse				Great spouse

Answer for following questions by writing the appropriate number in the blank:

1 = Always 2 = Sometimes 3 = Occasionally 4 = Never

1. _____ My spouse schedules his/her work week to spend quality time with me.
2. _____ My spouse makes it a point to spend at least fifteen minutes each day connecting and sharing with me (not including sex or sleep time) regardless how busy he/she may be.
3. _____ On the weekends (or non work periods) my spouse places our relationship at top priority by spending time and doing things together.
4. _____ My spouse makes it a point to passionately kiss me for about five to twenty seconds each day.
5. _____ When we both arrive home at the end of the work-day my spouse makes it his/her goal to greet me warmly.
6. _____ My spouse does all he/she can to satisfy me sexually and as often as I need it.
7. _____ I complain about my spouse's sexual performance.
8. _____ My spouse watches pornographic material on the internet, television, or videos.
9. _____ I'm suspicious or concerned about my spouse's use of pornography.
10. _____ My spouse believes that viewing pornographic material is okay.
11. _____ My spouse makes it a point to be in bed the same time with me at least twice a week.
12. _____ My spouse avoids staying up very late at nights watching TV while am asleep.
13. _____ My spouse avoids going places where he/she cannot share with me.
14. _____ My spouse feels threatened when I ask "where have you been honey?"
15. _____ My spouse avoids sharing our marital challenges or problems with his/her parents or other family member or friends.
16. _____ My spouse listens to kinds of music that I do not appreciate, thus creating discord between us.
17. _____ My spouse flirts with other women/men.
18. _____ My spouse refuses to agree with you the he/she is flirting
19. _____ My spouse had an affair and I am concerned he/she will have another
20. _____ My spouse uses illegal drugs of which I do not appreciate.
21. _____ My spouse has an ugly temper that frightens me.
22. _____ My spouse drinks alcohol to the point that affects our relationship.
23. _____ My spouse stays out late at nights at night clubs or bars, or with friends and family and thinks nothing about it.
24. _____ My spouse values my opinions and ideas and shows respect even when they are in disagreement with his/her.
25. _____ My spouse say "thank you" or "I appreciate that" and similar phrases.
26. _____ My spouse and I have weekly scheduled dates or romantic times together.
27. _____ My spouse is honest about his/her use of money.
28. _____ My spouse involves other people in our personal finances by asking them for money without my knowledge.
29. _____ My spouse places our marriage first, even before the children, relatives, and career.
30. _____ My spouse thinks I am a valuable person, equal to him/her in the ability to think and make decisions.
31. _____ My spouse enjoys holding hands with me in public.
32. _____ My spouse makes an effort to sit with me in church or other public meetings.
33. _____ My spouse is comfortable sharing leadership of our home with me.
34. _____ My spouse talks so I will listen and listens so I will talk.
35. _____ My spouse works together with me in planning the couple/family budget.
36. _____ I know my spouse's total income, even the income from odd jobs.
37. _____ My spouse is often very critical of me.
38. _____ My spouse feels very close to me.
39. _____ My spouse finds it very difficult to ask me for what he/she wants.
40. _____ My spouse uses words or phrases that hurt me.

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