Marital Performance **Personal** Check List (MP**P**CL)

[ ] Husband [ ] Wife

Circle the number that best describes your performance in your 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. ____ I schedule my work week to spend quality time with my partner.
2. ____ I make it a point to spend at least fifteen minutes each day connecting and sharing with my partner (not including sex or sleep time) regardless how busy am I.
3. ____ On the weekends (or non work periods) I place my partner at top priority by spending time and doing things together.
4. ____ I make it a point to passionately kiss my spouse for about five to twenty seconds each day.
5. ____ When we both arrive home at the end of the workday I make it my goal to greet my partner warmly.
6. ____ I do all I can to satisfy my spouse sexually and as often as he/she needs it.
7. ____ My partner complains about my sexual performance.
8. ____ I watch pornographic material on the internet, television, or videos.
9. ____ My spouse is concerned about my use of pornography.
10. ____ It is my opinion that watching pornography is okay for a spouse or couples.
11. ____ I make it a point to be in bed the same time with my spouse at least twice a week.
12. ____ I avoid staying up very late at nights watching TV while my spouse is asleep.
13. ____ I avoid going places where I cannot share with my spouse.
14. ____ I do feel threatened when my spouse asks me “where have you been honey?”
15. ____ I avoid sharing our marital challenges or problems with my parents or other family member or friends.
16. ____ I value my spouse’s opinions and ideas and show respect even when they are in disagreement with mine.
17. ____ I flirt with other women/men.
18. ____ My spouse accuses me or thinks that I am flirting
19. ____ I had an affair and my spouse is concerned I will have another
20. ____ I listen to kinds of music that my spouse does not appreciate.
21. ____ I uses illegal drugs of which my spouse does not appreciate
22. ____ I have an ugly temper that frightens my spouses
23. ____ I drink alcohol to the point that affects our relationship.
24. ____ I stay out late at nights at night clubs or bars, or with friends think nothing about it.
25. ____ I tell my spouse “thank you” or “I appreciate that” and similar phrases as often as I can.
26. ____ My spouse and I have weekly scheduled dates or romantic times together.
27. ____ My spouse comes first in my life, even before the children, relatives, and career.
28. ____ I am honest about my use of money.
29. ____ I involve other people in our personal finances by asking them for money without my spouse’s knowledge.
30. ____ I respect my spouse’s opinions and ideas.
31. ____ I enjoy holding hand with my spouse in public.
32. ____ I make an effort to sit with my spouse in church or other public meetings.
33. ____ I enjoy sharing the leadership of our home with my spouse.
34. ____ I talk so my spouse will listen and listen so my spouse will talk.
35. ____ I work together with my spouse in planning the couple/family budget.
36. ____ My spouse knows what is my total income, even from odd jobs.
37. ____ I find myself more often than not being very critical of my spouse.
38. ____ I feel very close to my spouse.
39. ____ I find it very difficult to ask my spouse for what I want.
40. ____ I use words or phrases that hurt my spouse.

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