

# This is a Self-Test to Evaluate The severity of Problems in Your Marriage

## HOW SEVERE IS THE PROBLEM?

Circle “yes” or “no” for the following statements:

1. My spouse and I have very serious communication problems.  
Yes      No
2. I have very little faith that we are going to be able to resolve our problems.  
Yes      No
3. The problems we have run very deep.  
Yes      No
4. Things have gotten so complex that I’m not sure there is a solution.  
Yes      No
5. Each of our problems has caused us a great deal of pain.  
Yes      No
6. I doubt whether we can reconcile our differences.  
Yes      No
7. It’s going to be very hard for us to ever forgive one another for some of the hurt we have suffered.  
Yes      No
8. There is a great deal of intensity to our problems.  
Yes      No
9. We stand very little chance of ever having really good times together.  
Yes      No
10. There is very little respect in this relationship.  
Yes      No
11. I am not sure that we love each other.  
Yes      No
12. There are “wheels within wheels” to our problems-they are so difficult to solve.  
Yes      No
13. I have a sense of despair about our future together.  
Yes      No
14. Sometimes I feel bitter about how things have gotten between us.  
Yes      No
15. When it comes down to it, I am not sure I have very much hope.  
Yes      No

*Scoring:* If you answered “yes” to more than five of these questions, you have a very negative view of your marital difficulties. Most people who score at this level have unstable marriages that are either *hostile/engaged*, meaning there is a great deal of negativity but you still interact, or *hostile/detached*, meaning the hostility has reached such huge proportions that you avoid each other as much as possible. As long as you see your problems as severe, you may be stymied in your attempts to resolve them.