

# Marital Performance Spouse Check List (MPSCL)

[ ] Husband

[ ] Wife

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

**1 = Always    2 = Sometimes    3 = Occasionally    4 = Never    5 = Not sure**

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 three times 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.