

Marriage Questionnaire

Select one of the numbers below to answer each question.

1. Always 2. Most of the Time 3. Sometimes 4. Very Rarely 5. Never

1. Do you make your spouse feel good about himself/herself? ____
 2. Do you value the same things in your spouse that you value in yourself? ____
 3. Does your face spontaneously break into a smile when you see your spouse? ____
 4. When you leave home, does your spouse have a sense of well-being, having been nourished by your company? ____
 5. Can you and your spouse tell each other honestly what you really want instead of using manipulation or games? ____
 6. Can your spouse get angry at you with your thinking less of him/her? ____
 7. Can you accept your spouse as she/he is instead of having several plans to redo him/her? ____
 8. Do your actions show you really care for your spouse? ____
 9. Do you enjoy introducing your spouse to your friends or acquaintances? ____
 10. Are you able to share with your spouse your moments of weakness, failure, disappointment? ____
 11. Would your spouse say you are a good listener? ____
 12. Do you trust your spouse to solve his/her own problems? ____
 13. Do you admit to your spouse you have problems and need his/her comfort? ____
 14. Do you encourage your spouse to develop his/her full potential? ____
 15. Do you believe that you could live a full and happy life without your spouse? ____
 16. Are you able to learn from your spouse and value what she/he says? ____
 17. If your spouse would die tomorrow, would you be very happy you had a chance to meet him/her and to marry him/her? ____
 18. Does your spouse feel she's/he's more important than anyone or anything else in your life? ____
 19. Do you believe you know at least five of your spouse's major needs and how to meet those needs in a skillful way? ____
 20. Do you know what your spouse needs when he's/she's under stress or when he's/she's discouraged?

 21. When you offend your spouse, do you usually admit you were wrong and seek his/her forgiveness?

 22. Would your spouse say you praise him/her at least once a day? ____
 23. Would your spouse say you are open to his/her corrections? ____
 24. Would your spouse say you are a protector, that you know what his/her limitations are as a man/woman? ____
 25. Would your spouse say you enjoy being with him/her and sharing many of life's experiences with him/her? ____
 26. Would your spouse say you are a good example of what you would like him/her to be? ____
 27. Would your spouse say you create interest in her/him when you share things you consider important?

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If you answered 1 or 2 to 10 or less of the questions, then your relationship is in a major need of overhaul.

If you answered 1 or 2 to 11 to 19 of the questions, then your relationship needs improvement.

If you answered 1 or 2 to 20 or more of the questions, then you're probably on your way to a good, lasting relationships.

Adopted from the book "If Only He Knew" by Dr. Gary Smalley.

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