

Put Love First Marriage Assessment

If you began a physical fitness program, you would first want to establish your “baseline”—a measure of where you are now. A good assessment helps you focus on the areas that need the most attention and allows you to track your overall progress. Marriage Fitness is no different.

The following assessment measures the degree of importance you give to your marriage. Answer the questions below “true” or “false.” Compare your score with the assessment scale below. Take the test periodically after you begin your Marriage Fitness program to monitor your progress.

- | | True | False |
|---|--------------------------|--------------------------|
| 1. When my spouse phones, I almost always make time to talk. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If I'm with my spouse and someone else phones, I usually don't take the call. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I speak to my spouse about non-logistical matters at least twice per day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. When something significant happens in my life, I almost always share it with my spouse first. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I initiate positive loving physical contact with my spouse at least twice each day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. When we go to a social function, I almost always spend at least half my time talking with my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. When my spouse walks into the house, I almost always interrupt whatever I am doing to greet my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. When I walk into the house, the first thing I usually do is greet my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. I spend more time interacting with my spouse than I do watching TV. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. I spend more time interacting with my spouse than anyone else in my life. | <input type="checkbox"/> | <input type="checkbox"/> |

- | | True | False |
|--|--------------------------|--------------------------|
| 11. I usually interrupt whatever I am doing if my spouse wants my attention. | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. When I need someone to talk to, I almost always talk to my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. I almost always recognize in a significant way my spouse's birthday, our anniversary, and other special days. | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. My spouse and I go out alone together at least once per week. | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. My spouse and I go on vacation alone together at least once per year. | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. I have photographs of my spouse in my office, wallet, or gym locker. | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. I have at least one personal and meaningful discussion with my spouse per week for a minimum of twenty-five minutes. | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. I do unnecessary thoughtful things for my spouse regularly. | <input type="checkbox"/> | <input type="checkbox"/> |

Add the number of times you answered "true" and write your score here

Rate your score.

1-8: OUT OF SHAPE. You need to work hard to increase the importance you give to your spouse and your marriage. The above questions may indicate some areas you should concentrate on.

9-13: AVERAGE. But don't settle for average. Your marriage is the most important thing in your life. It should be great! Try to *put love first* more often.

14-18: MARRIAGE FITNESS CHAMPION. You seem to have your priorities straight. What else could you do to give your marriage even higher priority?