

MARRIAGE CHECKUP

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(bonus download for Facets #24)

CURRENT LEVEL OF SATISFACTION

Use an **X** to indicate your level of satisfaction, with 0 meaning no satisfaction, 5 average and 10 super, fantastic, the best. Use a **circle** to indicate what you think your spouse's level of satisfaction is at the present time.

1. Our daily personal involvement with each other

0 1 2 3 4 5 6 7 8 9 10

2. Understanding and supporting each other's beliefs and values

0 1 2 3 4 5 6 7 8 9 10

3. My partner encourages me in my spiritual growth

0 1 2 3 4 5 6 7 8 9 10

4. Our affectionate, romantic interaction – showing affection through demonstrative non sexual touching

0 1 2 3 4 5 6 7 8 9 10

5. The depth of our communication together

0 1 2 3 4 5 6 7 8 9 10

6. The way we make decisions

0 1 2 3 4 5 6 7 8 9 10

7. How we manage conflict

0 1 2 3 4 5 6 7 8 9 10

8. We listen to each other's point of view when we disagree

0 1 2 3 4 5 6 7 8 9 10

9. We are able to forgive when one of us has hurt the other

0 1 2 3 4 5 6 7 8 9 10

10. The way we support each other through rough times

0 1 2 3 4 5 6 7 8 9 10

11. We try to accept one another's differences

0 1 2 3 4 5 6 7 8 9 10

12. We are able to talk about our hopes and dreams

0 1 2 3 4 5 6 7 8 9 10

13. We often reflect on the good things we enjoy as a couple

0 1 2 3 4 5 6 7 8 9 10

14. We make it a priority to go out together at least once a month

0 1 2 3 4 5 6 7 8 9 10

15. My partner is good at encouraging me in what I do

0 1 2 3 4 5 6 7 8 9 10

16. Our Church involvement

0 1 2 3 4 5 6 7 8 9 10

17. My partner encourages me in my spiritual growth

0 1 2 3 4 5 6 7 8 9 10

18. We support each other in the goals we have for our family life

0 1 2 3 4 5 6 7 8 9 10

19. My partner is sensitive to my sexual needs

0 1 2 3 4 5 6 7 8 9 10

20. I am happy with the frequency of our lovemaking

0 1 2 3 4 5 6 7 8 9 10

21. We have a number of joint interests we pursue together

0 1 2 3 4 5 6 7 8 9 10

22. My partner is good at listening to my feelings without interrupting or criticising me

0 1 2 3 4 5 6 7 8 9 10

23. How we manage money

0 1 2 3 4 5 6 7 8 9 10

24. We discuss new ideas with each other

0 1 2 3 4 5 6 7 8 9 10

Your score_____

Your spouse's score_____

- 192 – 240 Your relationship is doing very well
- 144 – 191 Your relationship has some major strengths
- 121 – 143 Your relationship reflects both strengths and weaknesses (any satisfaction level under 6 would benefit from some work.)
- 73 – 120 definite improvement needed.
- 72 and below major assistance needed as soon as possible.