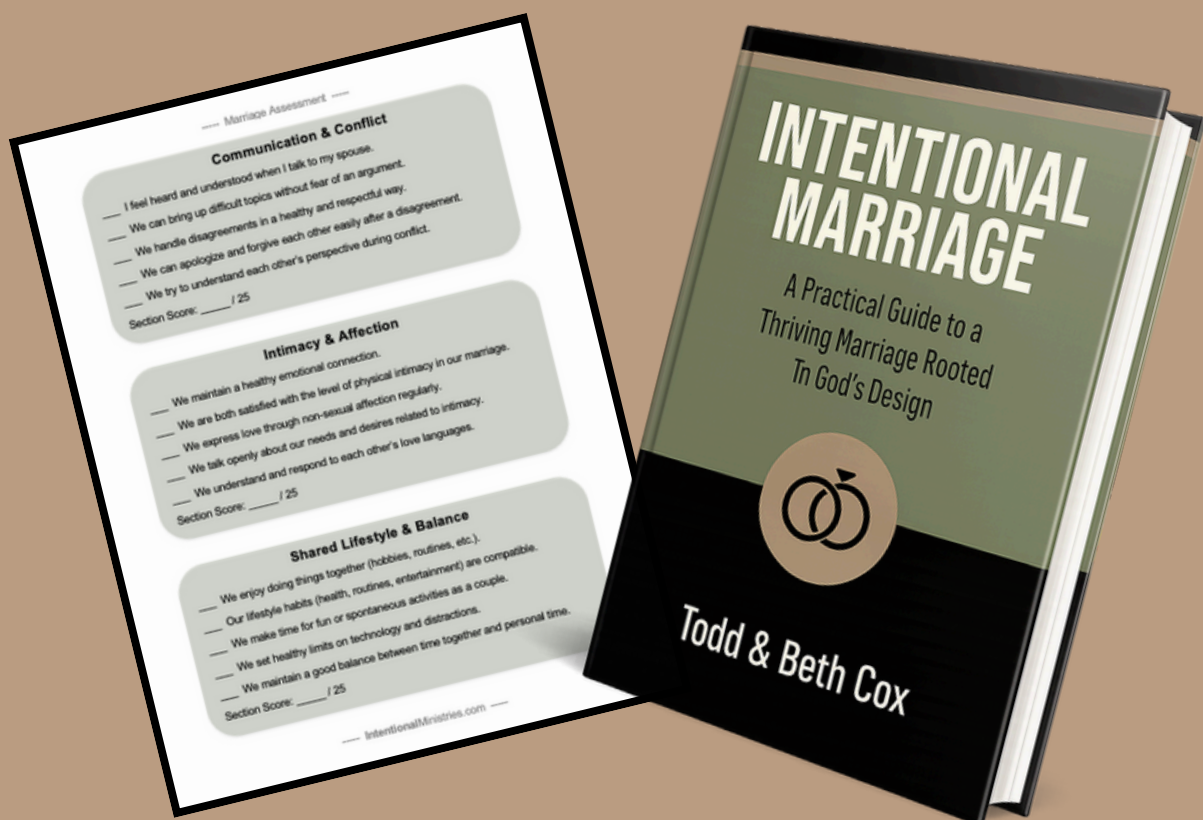


Marriage ASSESSMENT

A Practical Tool to Help You Grow
Closer, Communicate Better, and
Strengthen Your Marriage



Intentional Marriage Assessment

Marriage is a journey that requires intentional effort, love, and communication. This assessment is designed to help you and your spouse evaluate key areas of your relationship, recognize your strengths, and identify opportunities for growth. The goal is not to focus on perfection but to encourage open, honest conversations that lead to a stronger, healthier marriage.

How to Take This Assessment:

(1) Answer each question honestly.

Rate each statement on a scale of 1 to 5, based on how true it is in your marriage:

- 1 – Strongly Disagree
- 2 – Disagree
- 3 – Neutral / Unsure
- 4 – Agree
- 5 – Strongly Agree

This assessment includes 12 categories, each containing five statements. After answering the five statements, add up your total score and record it in the space provided. These questions are designed to help couples evaluate their relationship, identify strengths, and highlight areas that need improvement.

(2) Complete the assessment individually.

- Each spouse should fill out their own assessment separately to encourage personal reflection.
- Avoid discussing your answers until both of you have finished.

After completing the assessment, we will walk through how to evaluate your results and create a plan for growth together. This assessment is not about winning or losing—it's about growing together. Approach your discussion with grace, patience, and a shared desire to strengthen your relationship.

Let's begin!

Communication & Conflict

- ___ I feel heard and understood when I talk to my spouse.
- ___ We can bring up difficult topics without fear of an argument.
- ___ We handle disagreements in a healthy and respectful way.
- ___ We can apologize and forgive each other easily after a disagreement.
- ___ We try to understand each other's perspective during conflict.

Section Score: ____ / 25

Intimacy & Affection

- ___ We maintain a healthy emotional connection.
- ___ We are both satisfied with the level of physical intimacy in our marriage.
- ___ We express love through non-sexual affection regularly.
- ___ We talk openly about our needs and desires related to intimacy.
- ___ We understand and respond to each other's love languages.

Section Score: ____ / 25

Shared Lifestyle & Balance

- ___ We enjoy doing things together (hobbies, routines, etc.).
- ___ Our lifestyle habits (health, routines, entertainment) are compatible.
- ___ We make time for fun or spontaneous activities as a couple.
- ___ We set healthy limits on technology and distractions.
- ___ We maintain a good balance between time together and personal time.

Section Score: ____ / 25

Finances & Responsibilities

- ___ We agree on how to handle money and budgeting.
- ___ We share household tasks in a fair and respectful way.
- ___ We regularly discuss finances without tension or conflict.
- ___ We appreciate each other's contributions at home and financially.
- ___ We're on the same page about saving, spending, and giving.

Section Score: ___ / 25

Trust & Emotional Safety

- ___ I feel emotionally safe and secure with my spouse.
- ___ I trust my spouse with important decisions and responsibilities.
- ___ We follow through on commitments to each other.
- ___ We are transparent with each other about finances, plans, and emotions.
- ___ We protect each other's reputation and vulnerabilities.

Section Score: ___ / 25

Independence & Friendship

- ___ We both support each other's personal goals and friendships.
- ___ We have a healthy balance between togetherness and independence.
- ___ We enjoy spending time together as friends.
- ___ We make each other laugh and feel valued.
- ___ We support each other's personal growth and self-care.

Section Score: ___ / 25

Spiritual Connection

- ☐ We pray or reflect together regularly.
- ☐ We talk about our faith and how it applies to our life.
- ☐ We support each other's spiritual growth.
- ☐ We attend church or engage in spiritual community together.
- ☐ We share similar beliefs and spiritual values.

Section Score: _____ / 25

Future Goals & Vision

- ☐ We talk about our long-term goals and plans.
- ☐ We are aligned in our vision for our future.
- ☐ We adjust our goals as needed through different seasons.
- ☐ We both feel we are building something meaningful together.
- ☐ We check in regularly about dreams, direction, and priorities.

Section Score: _____ / 25

Health & Self-Care

- ☐ We encourage each other's emotional and physical health.
- ☐ We handle stress in ways that strengthen our marriage.
- ☐ We both maintain habits that support long-term well-being.
- ☐ We support each other's need for rest, exercise, and space.
- ☐ We share responsibilities so one person doesn't get burned out.

Section Score: _____ / 25

Marriage Priorities & Commitment

- ___ We both view our marriage as a top priority.
- ___ We regularly invest time and effort into strengthening our relationship.
- ___ We intentionally guard against threats to our marriage.
- ___ We encourage each other's growth as husband and wife.
- ___ We are committed to growing closer through all seasons of life.

Section Score: ___ / 25

Parenting & Children

- ___ We are united in our parenting values and approach.
- ___ We support each other in parenting roles and responsibilities.
- ___ We prioritize our marriage even while raising children.
- ___ We resolve parenting disagreements in a respectful way.
- ___ We are intentional about teaching our children through our example.

Section Score: ___ / 25

Extended Family & In-Laws

- ___ We have clear boundaries with extended family that protect our marriage.
- ___ We support each other in handling challenging family dynamics.
- ___ Holidays and family gatherings strengthen rather than stress our relationship.
- ___ We communicate well about expectations for time with extended family.
- ___ We both feel respected by each other's families.

Section Score: ___ / 25

Evaluating Your Marriage Assessment Results

Now that you and your spouse have completed the assessment, it's time to evaluate your results and use them as a tool for strengthening your marriage. The goal is not to judge or criticize, but to gain insight into your relationship—celebrating strengths and identifying opportunities for growth.

Step 1: Compare Scores by Category

Rather than focusing on your total score, review each individual category and compare your responses with your spouse's. Ask:

- Are there any major differences in how we view an area of our marriage?
- Are there any categories where we both scored low, signaling a shared challenge?

Pay attention to:

- Large Differences in Scores (10+ points apart): This suggests a perception gap that needs to be discussed.
- Categories Where Both of You Scored Below 15: These may need extra attention.
- Low Scores on Individual Questions: Even if the total section score is okay, a 1 or 2 could point to a specific concern.

Step 2: Understanding Your Scores

25 – This area is strong. If your spouse's score is lower, talk about why.

20–24 – Very good. Review any questions marked low and discuss them.

15–19 – Room for improvement. Consider simple actions to strengthen this area.

Below 15 – This area needs focused attention and intentional effort.

Step 3: Discuss with Grace and Patience

Approach your conversation with love, patience, and a desire to grow.

- Stay curious, not defensive.
- Use 'I' statements to describe your experience.
- Celebrate strengths as well as identifying weaknesses.
- Be open to change for the sake of a stronger relationship.

Step 4: Identify Areas to Work On

Choose one or two areas to focus on for the next few months.

- What area do we both agree needs improvement?
- What is one small change we can make this week?
- How can we lovingly support each other in making progress?

Step 5: Next Steps for Strengthening Your Marriage

Consider ways to actively invest in your relationship:

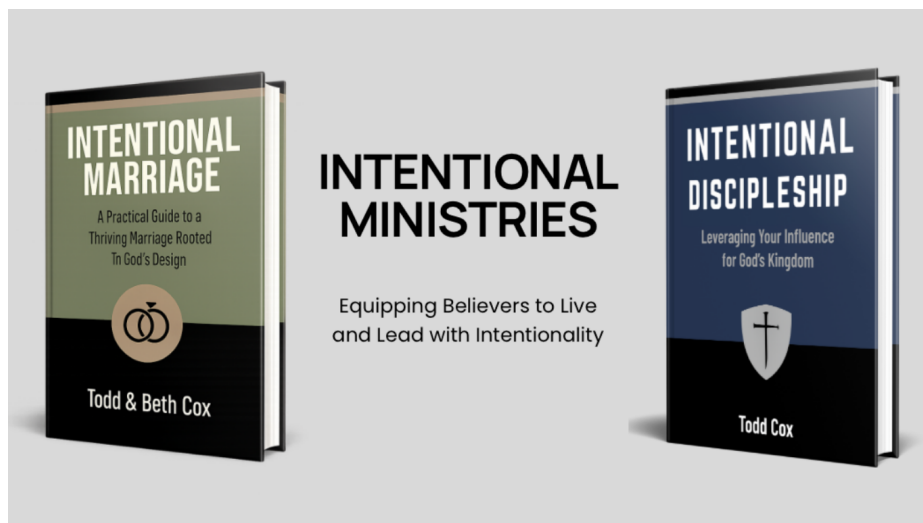
- Read Intentional Marriage together or in a group.
- Complete the 30-Day Intentional Marriage Challenge.
- Attend a local or national marriage conference.
- Join a marriage life group or small group through your church.

Final Thought: Marriage is a Journey, Not a Destination

This assessment isn't about perfection—it's about intentionality. Every couple has areas to improve. Taking this step shows your commitment to one another.

Remember:

- You are on the same team.
- Small changes lead to lasting transformation.
- A strong marriage is built over time with love, effort, and grace.



For more tools, downloads, and resources to strengthen your marriage

IntentionalMinistries.com.