



FROM SINGLENES TO ONENESS

MARRIAGE

Assessment

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Marriage Assessment

Building a Fulfilling Marriage One step At A Time

NAME:

Goal of Assessment

This is an invitation to talk about your marriage with all honesty. With this foundation the pastoral counselor will help you gain insight into your marriage. Just as a good doctor needs to know your medical history before he treats you, so does a pastor need to know your marriage assessment in order to help you.

I. Picture of Desired Marriage

Make a list with a detailed description of the marriage that you would like to have. Include (1) characteristics of the desired relationship as well as (2) characteristics you would like to see in a spouse.

II. Description of The Positive Traits of My Spouse

Make a list of the things that you like about your spouse. Include both (1) the things that initially attracted you to your spouse, and (2) the things that you have learned to appreciate about your spouse throughout your marriage.

III. Description of Detrimental Behavior

Make a list of your spouse's behaviors that from your perspective have affected your marriage in a negative way. Include both (1) the behavior and (2) the way in which it affects you and the marriage. What are the areas that your spouse should change or improve in order for your marriage to grow?

Spouse's Behavior	Negative Effect In Marriage

IV. Recognition of Personal Responsibility

Make a list of your own behaviors that from your perspective have affected your marriage in a negative way. Include both (1) the behavior and (2) the way in which it affects your spouse and your marriage. What are the areas that you should change or improve in order for your marriage to grow?

My Behavior	Negative Effect In Marriage

V. Identifying Roots of Bitterness

Write an exhaustive list of all the resentment you have today against your spouse, your parents, or any other person that has hurt you throughout your life. Identify three things: (1) The person, (2) the reason, and (3) how it made you feel.

Example:

The Person	The Reason	How It Made Me Feel
Dad	He constantly compared me to my other siblings.	He hurt me because he made me feel as if I was never good enough.

The Person	The Reason	How It Made Me Feel
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VI. The Top 10 Needs That Every Person Must Satisfy In Their Marriage:

A. Indicate how your spouse is satisfying each one of the needs from the list below. Select the best answer from 1 to 10 with an “X”. 10 is the best possible value.

SATISFACTION OF MY PERSONAL NEEDS IN MY MARRIAGE	1	2	3	4	5	6	7	8	9	10 (best)
I feel accepted										
I feel sexually satisfied										
I feel treasured										
I feel appreciated										
I feel respected										
I feel trusted										
I feel encouraged										
I feel supported										
I feel understood										

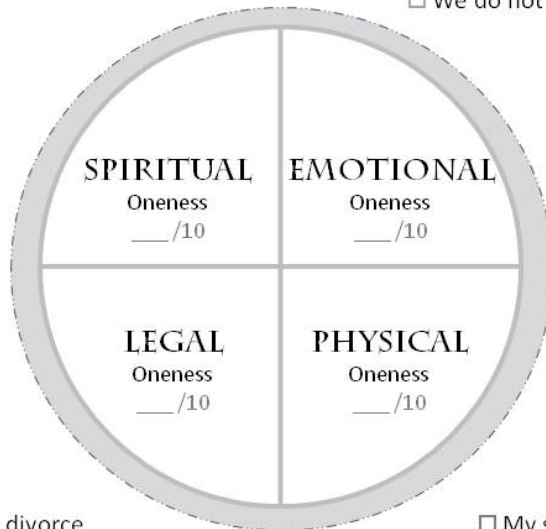
B. Select your top 5 needs from the list below by giving them a value from 1-5. A value of 1 is the highest rank. Then arrange them in order of priority on the right column.

MY PERSONAL NEEDS	My TOP 5 needs are: (X)	My top 5 needs in order of priority:
I need to feel accepted		1.
I need to be sexually satisfied		2.
I need to feel treasured		
I need to feel appreciated		3.
I need to feel respected		
I need to be trusted		4.
I need to be encouraged		
I need to be supported		5.
I need to feel understood		

C. Assign a value from 1-10 to each one of the four areas of Oneness in marriage. Remember than 10 is the best possible value.

- I trust in my spouse ___ /10
- My spouse respects me ___ /10
- My spouse supports me ___ /10
- My spouse edifies me spiritually ___ /10

- We speak openly and with honesty ___ /10
- We know how to solve our conflicts ___ /10
- We have a close friendship ___ /10
- We have a romantic relationship ___ /10
- We manage our finances well ___ /10
- We do not keep resentfulness ___ /10



- I do not contemplate divorce as an option for our marriage ___ /10

- My spouse satisfies my sexual needs ___ /10
- I satisfy my spouse's sexual needs ___ /10
- I'm sexually satisfied in my marriage ___ /10