Marriage Questionnaire

Select one of the numbers below to answer each question.


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? ____

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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