



## Evaluation:

### Knowing Each Other and Healthy Expectations

**Note:** Each major section of the Creating a Gospel-Centered Marriage series will have a brief evaluation tool to help you assess your marital strengths and weaknesses before reading the material. It is also helpful to review the assessment again after completing each section to learn how accurate your initial self-assessment was.

**Instructions:** Read the following descriptive statements. Consider how well they describe your experience or perspective on your marriage. If you are engaged, consider how well they describe your courtship experience or your beliefs about what you think your coming marriage should be. Mark the answer that best fits how you respond:

(CD) Completely Disagree, (SD) Somewhat Disagree, (NS) Not Sure, (SA) Somewhat Agree, or (CA) Completely Agree

1. I recognize that marriage is a living relationship and will require work and attention.	CD SD NS SA CA
2. I recognize that we will both change significantly throughout our marriage.	CD SD NS SA CA
3. My spouse recognizes marriage is a living relationship and requires work and attention.	CD SD NS SA CA
4. We have shown the ability to love and support one another in good times and bad.	CD SD NS SA CA
5. I resist the urge to think that marriage or my spouse should solve life's struggles.	CD SD NS SA CA
6. I resist the temptation to think that it is my spouse's job to make me happy.	CD SD NS SA CA
7. I am free from the distorting influence of a past abusive relationship or home of origin.	CD SD NS SA CA
8. My spouse is free from the distorting influence of a past abusive relationship or home.	CD SD NS SA CA
9. I have resisted making a list of things that I want to change about my spouse.	CD SD NS SA CA
10. I believe my spouse has resisted making a list of things he/she wants to change about me.	CD SD NS SA CA
11. I recognize marriage requires me to do willingly do things I'm not good at or don't enjoy.	CD SD NS SA CA
12. My spouse knows marriage requires them to do things they're not good at or don't enjoy.	CD SD NS SA CA
13. I resist the temptation to expect my spouse to compensate for my weaknesses.	CD SD NS SA CA
14. My spouse resists the temptation to expect me to compensate for his/her weaknesses.	CD SD NS SA CA
15. I treat my spouse with more honor than my friends, family, co-workers, or customers.	CD SD NS SA CA
16. My spouse treats me better than his/her friends, family, co-workers, or customers.	CD SD NS SA CA
17. I know the important life events that shaped my spouse's character and beliefs.	CD SD NS SA CA
18. My spouse knows the important life events that shaped my character and beliefs.	CD SD NS SA CA
19. I enjoy hearing about the day-to-day events of my spouse's life.	CD SD NS SA CA
20. My spouse enjoys hearing about the day-to-day events of my life.	CD SD NS SA CA
21. I regularly think about how to bless my spouse based on what I know of them.	CD SD NS SA CA
22. My spouse regularly thinks about how to bless me based upon what they know of me.	CD SD NS SA CA
23. I am comfortable knowing how to encourage my spouse when he/she is down.	CD SD NS SA CA
24. My spouse is comfortable knowing how to encourage me when I'm down.	CD SD NS SA CA
25. I enjoy learning about my spouse's preferences, interests, goals, and dreams.	CD SD NS SA CA
26. My spouse enjoys learning about my preferences, interests, goals and dreams.	CD SD NS SA CA
27. I know my spouse's fears and insecurities and we can talk about them.	CD SD NS SA CA
28. My spouse knows my fears and insecurities and we can talk about them.	CD SD NS SA CA
29. Our marriage is free from any use of illegal drugs.	CD SD NS SA CA
30. Our marriage is free from any abuse or excessive use of alcohol.	CD SD NS SA CA
31. Our marriage is free from any gambling.	CD SD NS SA CA
32. Our marriage is free from lying to cover up painful or embarrassing events.	CD SD NS SA CA
33. Our marriage is free from verbal, emotional, or physical abuse.	CD SD NS SA CA
34. Our marriage is free from controlling behaviors during conflict or because of jealousy.	CD SD NS SA CA
35. We resist the temptation to threaten divorce during conflict.	CD SD NS SA CA
36. Past romantic relationships do not cause me to distrust my spouse.	CD SD NS SA CA
37. Past romantic relationships do not cause my spouse to distrust me.	CD SD NS SA CA



**Key to Survey Scoring:** For each set of question tabulate your score using the following numerical values. The scoring is weighted with the “neutral” NS answer being a negative score, because if you have not defined or pursued important aspects of your marriage relationship it will negatively impact the marriage.

CD	–	Negative 3 points	SA	–	Positive 1 points
SD	–	Negative 2 points	CA	–	Positive 2 points
NS	–	Negative 1 point			

If your total score...

- ...**matches or exceeds the total number of questions**, then this area of marriage is an area of strength.
- ...**is less than the total number of questions**, then this area of marriage could use attention or refinement.
- ...**is a negative number**, then this area of marriage should be given immediate and concentrated attention.

➤ Questions 1-16: ( Total: \_\_\_\_\_ in 16 questions)

This set of questions examines the “**understanding relationships**” aspect of a gospel-centered marriage. If we have unrealistic expectations of relationships, then marriage will inevitably disappoint us; not because the marriage is bad, but because the measure of our contentment is not realistic.

Recommended Resources: *Relationships: A Mess Worth Making* by Tim Lane and Paul Tripp; *When People are Big and God is Small* by Ed Welch. Chapter one of this seminar will address these kinds of questions.

➤ Questions 17-28: ( Total: \_\_\_\_\_ in 12 questions)

This set of questions examines the “**knowing each other**” aspect of a gospel-centered marriage. A common temptation in marriage is to neglect continually learning about your spouse. Familiarity has a tendency to produce laziness in most areas of life. The time and energy you devote to learning your spouse and family should rival your passion for your career or favorite hobby.

Recommended Resources: Each seminar in this series is interspersed with Couple Discussion Questions. Use these to facilitate ongoing conversation. Chapter two of this seminar will address these kinds of questions.

➤ Questions 29-37: ( Total: \_\_\_\_\_ in 9 questions)

This set of questions examines the “**red flags**” that would destroy a gospel-centered marriage. Often love causes us to want to overlook significant problems. While love does cover a multitude of sins (1 Pet. 4:8), it does not call us to ignore destructive patterns. The most loving and healthy response to a red flag is to take the steps necessary to remove it. If you are engaged these are reasons to postpone the wedding.

Recommended Resource: If one of these areas present as a problem in your marriage, you should seek the guidance of a counselor who has expertise in that area. This seminar is for marital enrichment. The issues addressed in these questions are either marital restoration or personal struggle subjects and should be dealt with in personal counseling.

Sometimes within a marriage the problem is not one specific area or issue, but an overall imbalance in the effort, skill, thoughtfulness, and awareness being put into the marriage. Below is a list of questions that reveal your perspective on your effort and your spouse’s effort in the marriage. Use the same numerical scoring system as you used above. In this case, the closer your scores are to another, the more mutual (and typically healthy) the marriage.

\_\_\_\_\_ **My Score** – Using the same scoring system as above add together the score for questions 1, 3, 5, 7, 9, 11, 20, 22, 24, 26, 28, 30, 32, 34, and 36.

\_\_\_\_\_ **My Spouse’s Score** – Using the same scoring system as above add together the score for questions 2, 4, 6, 8, 10, 12, 21, 23, 25, 27, 29, 31, 33, 35, and 37.