



Evaluation: Day-to-Day Communication

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. Complete the evaluation before reading the material, then review the assessment again after completing each section to learn the accuracy of your initial self-assessment.

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 regularly share my thoughts, plans, dreams, and fears with my spouse.	CD	SD	NS	SA	CA
2. My spouse regularly shares his/her thoughts, plans, dreams, and fears with me.	CD	SD	NS	SA	CA
3. I engage in topics of conversation even if they are only important to my spouse.	CD	SD	NS	SA	CA
4. My spouse engages in topics of conversation even if they are only important to me.	CD	SD	NS	SA	CA
5. I think about what I want to talk about with my spouse when I see him/her next.	CD	SD	NS	SA	CA
6. My spouse thinks about what he/she wants to talk about when he/she sees me next.	CD	SD	NS	SA	CA
7. My sense of humor does not put my spouse down or highlight his/her weaknesses.	CD	SD	NS	SA	CA
8. My spouse's humor does not put me down or highlight my weaknesses.	CD	SD	NS	SA	CA
9. I honor things that have sentimental value to my spouse even if I don't understand.	CD	SD	NS	SA	CA
10. My spouse honors things with sentimental value to me even if he/she doesn't understand.	CD	SD	NS	SA	CA
11. I cannot think of a subject or event I would hesitate to share with my spouse.	CD	SD	NS	SA	CA
12. I do not know of subjects or events my spouse would hesitate to share with me.	CD	SD	NS	SA	CA
13. I do not have secrets that I am resisting telling my spouse.	CD	SD	NS	SA	CA
14. I do not wonder if my spouse is being honest with me.	CD	SD	NS	SA	CA
15. My spouse does not doubt if I am being honest with him/her.	CD	SD	NS	SA	CA
16. We find it easy to have things to talk about when we are together.	CD	SD	NS	SA	CA
17. We enjoy spending time together.	CD	SD	NS	SA	CA
18. We laugh frequently when we are together.	CD	SD	NS	SA	CA
19. As a couple we are able to enjoy and discuss our differences.	CD	SD	NS	SA	CA
20. Our conversations result in us being growing people growing closer together.	CD	SD	NS	SA	CA

Key to Survey Scoring: For each set of questions 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 1-20: (Total: _____ in 20 questions)

This set of questions examines the features of "**day-to-day communication**" present in a gospel-centered marriage. Day-to-day communication is the breathing of marriage – we rarely pay attention to it until it stops happening, and then it's a crisis. Good daily communication is what keeps planning (mundane) and conflict (unpleasant) communication from removing the desire for romantic communication.

Recommended Resources: *Love Talk Starters: 275 Questions to Get Your Conversations Going* by Les and Leslie Parrott

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 odd numbered questions through 14.

_____ **Spouse's Score** – Using the same scoring system add together the score for even numbered questions through 14.