



Evaluation:

Listening

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 enjoying listening to my spouse.	CD	SD	NS	SA	CA
2. My spouse enjoys listening to me.	CD	SD	NS	SA	CA
3. My spouse can tell that I am interested in what he/she says.	CD	SD	NS	SA	CA
4. I can tell that my spouse is interested in what I say.	CD	SD	NS	SA	CA
5. I value the things my spouse tells me enough to remember them.	CD	SD	NS	SA	CA
6. My spouse values the things I share with him/her enough to remember them.	CD	SD	NS	SA	CA
7. My spouse trusts that I appropriately value his/her thoughts and opinions.	CD	SD	NS	SA	CA
8. I believe my thoughts and opinions are appropriately valued by my spouse.	CD	SD	NS	SA	CA
9. My spouse usually feels understood when he/she talks to me.	CD	SD	NS	SA	CA
10. I usually feel understood when I talk to my spouse.	CD	SD	NS	SA	CA
11. I lovingly listen when my spouse wants to talk even if I'm tired.	CD	SD	NS	SA	CA
12. My spouse lovingly listens when I want to talk even if he/she is tired.	CD	SD	NS	SA	CA
13. I can allow my spouse time to process without getting insecure or upset.	CD	SD	NS	SA	CA
14. My spouse allows me time to process without getting insecure or upset.	CD	SD	NS	SA	CA
15. My spouse feels safe to express his/her thoughts and opinions with me.	CD	SD	NS	SA	CA
16. I feel safe to express my thoughts and opinions with my spouse.	CD	SD	NS	SA	CA
17. I frequently ask questions to draw out more of what my spouse is thinking.	CD	SD	NS	SA	CA
18. My spouse frequently asks questions to draw out more of what I'm thinking.	CD	SD	NS	SA	CA
19. I resist the temptation to read into what my spouse means in conversation.	CD	SD	NS	SA	CA
20. My spouse resists temptation to read into what I mean in conversation.	CD	SD	NS	SA	CA
21. I resist the urge to interrupt my spouse when he/she is talking.	CD	SD	NS	SA	CA
22. My spouse resists the urge to interrupt me while I'm talking.	CD	SD	NS	SA	CA
23. I resist the urge to be impatient if my spouse's words are not interesting to me.	CD	SD	NS	SA	CA
24. My spouse resists the urge to be impatient with me if my words are not interesting.	CD	SD	NS	SA	CA
25. I begin my turn in conversation by building upon or referencing what my spouse said.	CD	SD	NS	SA	CA
26. My spouse begins his/her turn in conversation by building upon or referencing what I said.	CD	SD	NS	SA	CA
27. I give non-verbal gestures to indicate I'm listening and affirm my spouse.	CD	SD	NS	SA	CA
28. My spouse gives non-verbal gestures to indicate he/she is listening and affirm me.	CD	SD	NS	SA	CA
29. I maintain good eye contact when talking to my spouse.	CD	SD	NS	SA	CA
30. My spouse maintains good eye contact when talking with me.	CD	SD	NS	SA	CA
31. I am patient and wait till the end of a conversation to make a judgment.	CD	SD	NS	SA	CA
32. My spouse is patient and waits till the end of a conversation to make a judgment.	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 1-10: (Total: _____ in 10 questions)

This set of questions examines the “**the atmosphere of listening**” necessary for a gospel-centered marriage. Listening is a skill that can be learned but not one that can be coerced. Listening is a form of honor and humility that reveals how much we value and appreciate the other person.

Recommended Resources: You won’t learn to listen from a book. Repent for not creating an atmosphere of listening (honor) in your marriage. Pray to God for the desire to listen well. Commit to your spouse to value his/her words.

➤ Questions 11-16: (Total: _____ in 6 questions)

This set of questions examines the “**the obstacles of listening**” that we must avoid in a gospel-centered marriage. Listening is a skill that is most necessary when it is most difficult. When listening is most necessary we are most prone to make excuses for not fairly representing the other person. We must realize the value of listening if we are going to persevere in listening when it is most needed.

Recommended Resources: *Strengthening Your Marriage* by Wayne Mack (Unit 4)

➤ Questions 17-32: (Total: _____ in 16 questions)

This set of questions examines the “**the skills of listening**” aspect of healthy marital communication. Listening is not a personality trait (i.e., either you have it or you don’t), but an aptitude (i.e., can be developed if it is a weakness). The items you did not mark as “agree” need to be major points of intentional personal growth and accountability. Not listening is a form of dishonor.

Recommended Resources: *Preparing for Marriage* by Dennis Rainey (chapter 5)

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.

_____ **Spouse’s Score** – Using the same scoring system as above add together the score for even numbered questions.