

Evaluation for *Creating a Gospel-Centered Marriage: Communication*

Each seminar in the *Creating a Gospel-Centered Marriage* series has an evaluation tool to help you assess your marital / pre-marital strengths and weaknesses. *Completing this evaluation before studying the material, allows you to engage the content with greater self-awareness and intentionality about relational growth areas.*

Instructions: Read the following descriptive statements. Mark the answer that best fits how your experience or beliefs.

- **If Married:** Consider how well each statement describes your experience or perspective on your marriage.
- **If Engaged:** Consider how well each statement describes your courtship experience or your beliefs about what you anticipate marriage should be (i.e., foreshadowing).
- **Please Note:** This is not a scientific instrument. It is a self-report survey that collates the data you provide into categories that correspond with this seminar. *It is meant for educational rather than diagnostic purposes.*

A self-scoring version of this evaluation is available at bradhambrick.com/GCMcommunication.

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

1. I enjoy listening to my spouse/fiancé.	CD	SD	NS	SA	CA
2. My spouse/fiancé can tell that I am interested in what he/she says.	CD	SD	NS	SA	CA
3. I value the things my spouse/fiancé tells me enough to remember them.	CD	SD	NS	SA	CA
4. My spouse/fiancé trusts that I appropriately value his/her thoughts and opinions.	CD	SD	NS	SA	CA
5. My spouse/fiancé feels understood when he/she talks to me.	CD	SD	NS	SA	CA
6. My spouse/fiancé instinctually comes to me when he/she is hurt, confused, or disappointed.	CD	SD	NS	SA	CA
7. I frequently ask questions to draw out more of what my spouse/fiancé is thinking.	CD	SD	NS	SA	CA
8. I resist the temptation to read into what my spouse/fiancé means in conversation.	CD	SD	NS	SA	CA
9. I resist the urge to interrupt my spouse/fiancé when he/she is talking.	CD	SD	NS	SA	CA
10. I begin my turn in conversation by building upon or referencing what my spouse/fiancé said.	CD	SD	NS	SA	CA
11. I use non-verbal gestures to indicate I'm listening and affirm my spouse/fiancé.	CD	SD	NS	SA	CA
12. I maintain good eye contact when talking to my spouse/fiancé.	CD	SD	NS	SA	CA
13. We regularly share our thoughts, plans, dreams, and fears with each other.	CD	SD	NS	SA	CA
14. My sense of humor does not put my spouse/fiancé down or highlight his/her weaknesses.	CD	SD	NS	SA	CA
15. I honor things that have sentimental value to my spouse/fiancé even if I don't understand.	CD	SD	NS	SA	CA
16. I engage in topics of conversation even if they are only important to my spouse/fiancé.	CD	SD	NS	SA	CA
17. As a couple we are able to enjoy and discuss our differences.	CD	SD	NS	SA	CA
18. I think about what I want to talk about with my spouse/fiancé when I see him/her next.	CD	SD	NS	SA	CA
19. We do a good job of selecting wise times to have difficult or in-depth conversations.	CD	SD	NS	SA	CA
20. We do not have the same disagreements over and over and over again.	CD	SD	NS	SA	CA
21. We are able to enter a difficult conversation with hope because of our pattern of conflict.	CD	SD	NS	SA	CA
22. We do not allow an area of a disagreement to seem more important than our relationship.	CD	SD	NS	SA	CA
23. We listen to each other well and represent each other fairly even when we disagree.	CD	SD	NS	SA	CA
24. We resolve conflicts in a timely manner and do not let them linger for days.	CD	SD	NS	SA	CA
25. During conflict, I resist making my preferences demands to be obeyed.	CD	SD	NS	SA	CA
26. I accept my spouse's/fiancé's level/lack of desire for organization and order.	CD	SD	NS	SA	CA
27. I accept my spouse's/fiancé's level/lack of desire for peace and harmony.	CD	SD	NS	SA	CA
28. I accept my spouse's/fiancé's level/lack of desire for social interaction.	CD	SD	NS	SA	CA
29. I accept my spouse's/fiancé's level/lack of desire to make decisions and be in charge.	CD	SD	NS	SA	CA
30. I do not allow my personal goals/preferences to take precedent over the marriage.	CD	SD	NS	SA	CA
31. I have good judgment about when something changes from annoying to offensive.	CD	SD	NS	SA	CA
32. I maintain honor towards my spouse/fiancé even when we disagree or argue.	CD	SD	NS	SA	CA
33. I resist the temptation to “clam up” or “shut down” when saying something difficult.	CD	SD	NS	SA	CA
34. I do not use “being honest” as an excuse to be harsh or dogmatic.	CD	SD	NS	SA	CA
35. I do not resort to insults or demeaning comments during an argument.	CD	SD	NS	SA	CA
36. I resist the temptation to always have to win an argument.	CD	SD	NS	SA	CA
37. We resist punishing the other by restricting access to money.	CD	SD	NS	SA	CA

38. We resist the temptation to refuse to take a break or give space during an argument.	CD	SD	NS	SA	CA
39. We resist using physical posturing to intimidate the other person.	CD	SD	NS	SA	CA
40. We resist the temptation to hit, slap, or use physical force during an argument.	CD	SD	NS	SA	CA
41. We resist the temptation to make verbal allusions to physical harm during an argument.	CD	SD	NS	SA	CA
42. We resist the temptation to threaten self-harm during an argument.	CD	SD	NS	SA	CA
43. When repenting I avoid words like if, but and maybe.	CD	SD	NS	SA	CA
44. When repenting I admit specifically what my faults were instead of generalizing.	CD	SD	NS	SA	CA
45. When repenting I give thought to and verbalize how my sin hurt my spouse/fiancé.	CD	SD	NS	SA	CA
46. When repenting I offer a tangible, realistic plan for how I plan to change.	CD	SD	NS	SA	CA
47. When repenting I make a clear request for forgiveness, “Will you forgive me?”	CD	SD	NS	SA	CA
48. When repenting I am patient and allow time for forgiveness to be granted.	CD	SD	NS	SA	CA
49. When forgiving, I remember how much Christ has personally forgiven us.	CD	SD	NS	SA	CA
50. After forgiving, I am able to keep the commitment not to dwell on this sin.	CD	SD	NS	SA	CA
51. After forgiving, I keep the commitment not to use this sin against my spouse/fiancé.	CD	SD	NS	SA	CA
52. After forgiving, I keep the commitment not to bring this sin up to other people.	CD	SD	NS	SA	CA
53. After forgiving, I keep the commitment to give my spouse/fiancé the benefit of the doubt again.	CD	SD	NS	SA	CA
54. Our times of forgiveness contribute to our relationship growing closer and more trusting.	CD	SD	NS	SA	CA
55. My spouse/fiancé shows a commitment to listen in ways that are meaningful to me.	CD	SD	NS	SA	CA
56. My spouse/fiancé engages in day-to-day communication in ways that are satisfying to me.	CD	SD	NS	SA	CA
57. My spouse/fiancé engages in conflict in ways that honors me and our marriage.	CD	SD	NS	SA	CA
58. My spouse/fiancé owns his/her wrongs against me and shows a commitment to grow.	CD	SD	NS	SA	CA
59. My spouse/fiancé is willing to forgive when I wrong him/her and not keep a record of wrongs.	CD	SD	NS	SA	CA
60. My spouse/fiancé seeks to grow the quality of communication within our relationship.	CD	SD	NS	SA	CA

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

Completely Disagree (CD) –	Negative 3 points	Somewhat Agree (SA) –	Positive 1 points
Somewhat Disagree (SD) –	Negative 2 points	Completely Agree (CA) –	Positive 2 points
Not Sure (NS) –	Negative 1 point		

If your total score...

...is **6 or higher**, then this is an area of strength.

...is **between 1 and 5**, then this area could use attention or refinement (unless you are an engaged couple who consistently answered NS because of lack of experience in this area).

...is a **negative number**, then this area should be given immediate and concentrated attention.

➤ Questions 1-6: Total Score: _____

This set of questions examines the **atmosphere of listening** necessary for a healthy marriage. Listening is how we enter each other’s world. Listening is a form of honor and humility that reveals how much we value and appreciate the other person. **Lesson 2** in *GCM: Communication* helps you develop an atmosphere of listening in your marriage.

➤ Questions 7-12: Total Score: _____

This set of questions examines the **skills of listening** necessary for healthy marital communication. Listening is not a personality trait (i.e., either you have it or you don’t), but an aptitude (i.e., it can be developed if it is a weakness). If you want to be a better listener, you can be. **Lesson 2** in *GCM: Communication* helps you develop better skills for listening.

➤ Questions 13-18: Total Score: _____

This set of questions examines the features of **day-to-day communication** present in a healthy 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. **Lesson 3** in *GCM: Communication* helps you enhance the quality and variety of day-to-day communication in your marriage.

➤ Questions 19-24: Total Score: _____

This set of questions examines the **foundations of healthy conflict** in your relationship. These are the good practices that create a shared positive expectation that conflict can be engaged fruitfully. These are things you are striving towards as you learn things to avoid in conflict. **Lesson 4** in *GCM: Communication* helps you develop these practices.

➤ Questions 25-30: Total Score: _____

This set of questions examines how we **honor personality differences in conflict**. People talk about subjects and decide between options. But we do so with a set of preferences and values. A key part of navigating conflict in a way that honors each other is to understand the role of personality preferences in approaching difficult conversations. **Lesson 4** in *GCM: Foundations* help you understand the difference between violating each other’s pet peeves (personality preferences) and sinning against each other (God’s standards).

➤ Questions 31-36: Total Score: _____

This set of questions examines **healthy practices of conflict**. Conflict is something we do. We either do it well (meaning, in a way that builds unity) or poorly (in a way that detracts from marital unity). Because of our sin nature our “natural” approaches to conflict (both instinctual and learned behaviors) usually do not contribute to unity. The humility, patience, and other-mindedness necessary for constructive conflict come through living out the core truths of the gospel. **Lesson 4** in *GCM: Foundations* helps you understand what these healthy practices are and why they may not be natural.

➤ Questions 37-42: Total Score: _____

This set of questions examines the **red flags in conflict** that would destroy a marriage. Love can cause 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**. If you are married, it is wise to **seek counseling** from a counselor experienced in the subject area affecting your marriage.

➤ Questions 43-48: Total Score: _____

This set of questions examines **healthy repentance** which is necessary in any relationship between sinners. Repentance is much more than saying “I’m sorry,” yet too few couples even formally apologize for their wrongs against one another. Neglecting repentance in marriage is like neglecting oil changes in your car. It may not be noticeable at first, but when the damage does come to light it will be costly. **Lesson 5** in *GCM: Communication* helps you understand what healthy, restorative repentance looks and sounds like.

➤ Questions 49-54: Total Score: _____

This set of questions examines **healthy forgiveness**, which is necessary in any relationship between sinners. In a marriage between two sinners (which is every marriage) forgiveness is a very important skill to learn (repentance is equally important). The mark of a lifelong healthy marriage is not the absence of offenses, but the willingness and ability to forgive. **Lesson 6** in *GCM: Communication* helps you understand what healthy, restorative forgiveness is and how to give it.

➤ Questions 55-60: Total Score: _____

This set of questions examines the **perceived mutual commitment**. Healthy marriages are relationships marked by mutual commitment. A perceived imbalance of commitment in a marriage is an indication that pursuing **marriage counseling** would be a wise step to take (for help finding a counselor: summitchurch.com/counseling in RDU or bradhambrick.com/findacounselor outside RDU).