

## Evaluation for *Creating a Gospel-Centered Marriage: Intimacy*

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 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/GCMintimacy](http://bradhambrick.com/GCMintimacy).

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

1. I am joyfully sacrificial in my love for my spouse/fiancé.	CD	SD	NS	SA	CA
2. My spouse/fiancé gets the best of who I am.	CD	SD	NS	SA	CA
3. I resist the temptation to keep score on who has done more for the other.	CD	SD	NS	SA	CA
4. I compliment all dimensions of my spouse's/fiancé's character, not just his/her appearance.	CD	SD	NS	SA	CA
5. I know the things that most effectively communicate love to my spouse/fiancé.	CD	SD	NS	SA	CA
6. I am able to put myself into words and share myself with my spouse/fiancé.	CD	SD	NS	SA	CA
7. I am comfortable with the time my spouse/fiancé spends on personal interests.	CD	SD	NS	SA	CA
8. I am a growing person and feel like I have new things to share with my spouse/fiancé.	CD	SD	NS	SA	CA
9. Throughout my day, I consider conversations I want to have with my spouse/fiancé.	CD	SD	NS	SA	CA
10. I regularly put intentional thought and effort into romancing my spouse/fiancé.	CD	SD	NS	SA	CA
11. When we are apart, I look for ways to let my spouse/fiancé know I'm thinking of him/her.	CD	SD	NS	SA	CA
12. I look for spontaneous and unexpected opportunities to show love for my spouse/fiancé.	CD	SD	NS	SA	CA
13. My spouse/fiancé is joyfully sacrificial in his/her love for me.	CD	SD	NS	SA	CA
14. I believe I get the best of who my spouse/fiancé is.	CD	SD	NS	SA	CA
15. My spouse/fiancé resists the temptation to keep score on who has done more for the other.	CD	SD	NS	SA	CA
16. My spouse/fiancé compliments all dimensions of my character.	CD	SD	NS	SA	CA
17. My spouse/fiancé knows the things that most effectively communicate love to me.	CD	SD	NS	SA	CA
18. My spouse/fiancé is able to hear and receive the love and affirmation I give him/her.	CD	SD	NS	SA	CA
19. Our relationship helps me enjoy being selfless with the things I enjoy most.	CD	SD	NS	SA	CA
20. I live as if sacrificing for my spouse/fiancé is an opportunity instead of a burden.	CD	SD	NS	SA	CA
21. I notice Christ-like character in the ways my spouse/fiancé loves and serves me.	CD	SD	NS	SA	CA
22. I encourage my spouse/fiancé to express their gifts as much as meet my needs.	CD	SD	NS	SA	CA
23. Our relationship is energized by our opportunities to do ministry together.	CD	SD	NS	SA	CA
24. Our relationship is a catalyst in our personal relationships with God.	CD	SD	NS	SA	CA

**Note:** The following portions of the GCM: Intimacy Evaluation questions (and corresponding lessons) are designed to be used by married couples. While reviewing these questions may be helpful in order to have more informed conversations in preparation for their honeymoon and first year of marriage, engaged couples should not have the sexual experience to answer these questions for their relationship.

25. I believe that sex is a good gift from God made for our enjoyment.	CD	SD	NS	SA	CA
26. We believe that an enjoyable married sex life is one way we experience God's goodness.	CD	SD	NS	SA	CA
27. Sex is not so important to me that it creates fear or pressure for my spouse.	CD	SD	NS	SA	CA
28. Sex is not so unimportant to me that it creates disappointment for my spouse.	CD	SD	NS	SA	CA
29. My spouse and I agree on the difference between sex and intimacy / closeness.	CD	SD	NS	SA	CA

30. My spouse and I agree on the balance we want between sex and intimacy / closeness.	CD	SD	NS	SA	CA
31. I feel attractive and appealing to my spouse.	CD	SD	NS	SA	CA
32. We are balanced in who initiates sex.	CD	SD	NS	SA	CA
33. I request sex in a way that is tactful and appealing to my spouse.	CD	SD	NS	SA	CA
34. The language I use to describe sex is wholesome and non-offensive to my spouse.	CD	SD	NS	SA	CA
35. My spouse and I can talk about what we enjoy and want from our sexual relationship.	CD	SD	NS	SA	CA
36. My spouse and I can talk about our fears or insecurities related to sex.	CD	SD	NS	SA	CA
37. We agree on the frequency with which we have sex.	CD	SD	NS	SA	CA
38. We manage our schedule and workload to protect time for romance and sex.	CD	SD	NS	SA	CA
39. Sex does not feel like a duty or routine that detracts from our enjoyment of sex.	CD	SD	NS	SA	CA
40. I am satisfied with the quality of sex in our marriage.	CD	SD	NS	SA	CA
41. I feel like I can meet my spouse’s sexual expectations and desires.	CD	SD	NS	SA	CA
42. I am unselfish during sex and seek to find pleasure in my spouse’s enjoyment of sex.	CD	SD	NS	SA	CA
43. Neither of us uses sex as a tool to punish or manipulate the other.	CD	SD	NS	SA	CA
44. Guilt over past sexual experiences does not interfere with our ability to enjoy sex.	CD	SD	NS	SA	CA
45. Trauma related to past sexual experience doesn’t impede our ability to enjoy sex.	CD	SD	NS	SA	CA
46. My spouse does not ask things of me during sex that make me feel uncomfortable.	CD	SD	NS	SA	CA
47. If sex were uncomfortable or difficult, we would seek medical or counseling help.	CD	SD	NS	SA	CA
48. As we age, if sex becomes more difficult, we would be comfortable talking about it.	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” answer (*Not Sure*) being a negative score, because if you have not defined or pursued those important aspects of your relationship, it will negatively impact the marriage.

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

If your total score for each set of questions...

...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 a 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 **sacrificial love and non-sexual romance** in your relationship. Love requires a willingness to sacrifice. That sacrifice may involve time and energy or the emotional sacrifice of vulnerability and authenticity. The sacrifice may mean learning to love in ways that are more meaningful to your spouse/fiancé and learning to receive the expression of love in the ways that are more natural for your spouse/fiancé. **Lessons 1 and 2** in *GCM: Intimacy* help you identify and become more skilled in these sacrifices.

➤ Questions 7-12: Total Score: \_\_\_\_\_

This set of questions examines the **time and attention** aspect of healthy marital intimacy and romance. *Quality* time and interaction is no replacement for *quantity* of time in a marriage. A couple can share time together in many ways, even when they’re apart, if they’re intentional. Failing to give regular time to your marriage is like failing to change the oil in your car; whatever gain it provides short term will cost you more long term. **Lesson 2** in *GCM: Intimacy* helps you identify the quality and quantity of time that is important for your marriage to thrive.

➤ Questions 13-18: Total Score: \_\_\_\_\_

This set of questions examines how you **perceive the mutual commitment** of your spouse/fiancé. 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](http://summitchurch.com/counseling) (in the Raleigh-Durham area), or [bradhambrick.com/findacounselor](http://bradhambrick.com/findacounselor) (for those in other areas).

## ➤ Questions 19-24: Total Score: \_\_\_\_\_

This set of questions examines how well the two of you are **centering romance in the gospel narrative**. We tend to be most self-centered and selfish with the things that bring us the most joy; this includes the romantic aspects of marriage. Only centering our marital affection on the gospel can protect the joy of romance from our sinful tendencies. **Lesson 3** in *GCM: Intimacy* helps you contextualize your positive romantic efforts and navigate disappointments in marriage within the redemptive gospel narrative.

## ➤ Questions 25-30: Total Score: \_\_\_\_\_

This set of questions examines the **beliefs and values related to sex** in a healthy marriage. Sex is good. Sex is a gift from God given to married couples to enjoy and strengthen their covenant. Married couples should feel emotional freedom to enjoy sex with each other. **Lesson 4 and 5** in *GCM: Intimacy* helps you initiate important conversations about your shared beliefs and values related to sex.

## ➤ Questions 31-36: Total Score: \_\_\_\_\_

This set of questions examines the level of **comfort with your bodies and how you speak about sex**, a necessary component of a healthy and satisfying marital sex life. The gospel is the essence of being fully known and fully loved by the One who ultimately matters; the Christian life begins with a very awkward conversation with God about personal things hard to talk about (i.e., our sin). By parallel, sex is the next most tangible expression of being fully known and fully loved; marriage also involves talking about things that can be awkward (i.e., sex). The gospel gives us the freedom to have these conversations without shame or embarrassment; more than that, we can share these moments with confidence and joy in marriage. **Lesson 4 and 5** in *GCM: Intimacy* helps you grow in your comfort with your bodies and finding the words to talk about sex.

## ➤ Questions 37-42: Total Score: \_\_\_\_\_

This set of questions examines your satisfaction with the **frequency and quality of sex** in your marriage. Marriage was not made for sex, but sex was made for marriage. This is the same principle Jesus taught when he said, “The Sabbath was made for man, not man for the Sabbath.” (Mark 2:37) The implication is that people should not be legalists about rest, but they should rest. Similarly, Christian couples should not be counting and ranking their sexual experiences, but they should be having sex and enjoying it. **Lesson 4 and 5** in *GCM: Intimacy* helps you discuss and develop shared expectations for the frequency of and quality of engagement during sex.

## ➤ Questions 43-48: Total Score: \_\_\_\_\_

This set of questions examines **red flags related to sex** that would damage or undermine your marriage. The nature of these red flags varies significantly. If they are present, it is recommended that a couple voluntarily seek the appropriate assistance, rather than allow these struggles to devolve into a crisis that forces them to seek outside assistance when they are less receptive and the situation is more complicated. **Appendix A** in *GCM: Intimacy* helps you talk about these challenges and identify wise next steps towards resolving these difficulties.