



Evaluation: Condition of Marriage Before Sexual Sin

Evaluating the pre-betrayal marriage requires a degree of objectivity during a time of fluctuating emotions. During this evaluation things will be both good and bad; but the good things will not excuse the sexual sin and the bad things will not explain the sexual sin. However, the evaluation needs to be done for two reasons.

1. The sexual sin, while the most obvious and emotionally urgent issue may not be the most destructive factor in the marriage. If there are more significant problems in the marriage than the sexual sin, then purity will not “fix” the marriage. It is likely that the sexual sin will have common roots (idolatry of power, immaturity, control, etc...) with these larger problems. During this time of concentrated change, the pursuit of purity by your spouse must also address these larger concerns.
2. In cases where these larger concerns do not exist, the couple may still begin trying to fix the marriage by getting back to what they had before. Whenever your past is brighter than your future it is a recipe for despair. During a crisis, pre-crisis can seem like heaven; or the “good old days.” If this tendency is allowed to take root, then purity will have become a distraction from the broader need to be growing individuals. A good marriage can never be reduced to success in one area of life.

The evaluation below is meant to help you assess the condition of the marriage before the sexual sin interfered. It would be unwise to allow this evaluation to shift your focus from marital restoration to marital enrichment. Marital restoration (the subject of this material) involves repairing the unique and significant damage done by your spouse’s sexual sin. Marital enrichment involves creating a pattern of life and interaction that fosters God’s design for a healthy personal and married life. Marital enrichment solidifies marital restoration; it is not a replacement for marital restoration.

Instructions: Read the following descriptive statements. Consider how well they describe your marriage before your spouse’s sexual sin. This exercise should be completed after the full disclosure and follow up in order to ensure that you know when “before” the sexual sin began.

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

1. I knew the important life events that shaped my spouse’s character and beliefs.	CD	SD	NS	SA	CA
2. My spouse knew the important life events that shaped my character and beliefs.	CD	SD	NS	SA	CA
3. I enjoyed hearing about the day-to-day events of my spouse’s life.	CD	SD	NS	SA	CA
4. My spouse enjoyed hearing about the day-to-day events of my life.	CD	SD	NS	SA	CA
5. I regularly thought about how to bless my spouse based on what I know of them.	CD	SD	NS	SA	CA
6. My spouse regularly thought about how to bless me based upon what they know of me.	CD	SD	NS	SA	CA
7. I resisted making a list of things that I want to change about my spouse.	CD	SD	NS	SA	CA
8. My spouse resisted making a list of thing he/she wants to change about me.	CD	SD	NS	SA	CA
9. Our marriage was free from any use of illegal drugs.	CD	SD	NS	SA	CA
10. Our marriage was free from any abuse or excessive use of alcohol.	CD	SD	NS	SA	CA
11. Our marriage was free from any gambling.	CD	SD	NS	SA	CA
12. Our marriage was free from lying to cover up painful or embarrassing events.	CD	SD	NS	SA	CA
13. I recognized that marriage is a living relationship and will require work and attention.	CD	SD	NS	SA	CA
14. My spouse recognized marriage is a living relationship and requires work and attention.	CD	SD	NS	SA	CA
15. We showed the ability to love and support one another in good times and bad.	CD	SD	NS	SA	CA
16. I resisted the urge to think that marriage or my spouse should solve life’s struggles.	CD	SD	NS	SA	CA
17. My spouse resisted the urge to think that marriage or I should solve all life’s struggles.	CD	SD	NS	SA	CA
18. I allowed my spouse to see my weaknesses without defensiveness.	CD	SD	NS	SA	CA
19. My spouse allowed me to see their weaknesses without defensiveness.	CD	SD	NS	SA	CA
20. I was comfortable knowing how to encourage my spouse when he/she was down.	CD	SD	NS	SA	CA
21. My spouse was comfortable knowing how to encourage me when I was down.	CD	SD	NS	SA	CA
22. I did not have expectations of my spouse the regularly lead to me feeling jealous.	CD	SD	NS	SA	CA
23. My spouse did not have expectations of me that regularly lead to them feeling jealous.	CD	SD	NS	SA	CA
24. I enjoyed and agreed with how we divided the responsibilities of managing our home.	CD	SD	NS	SA	CA

25. I consistently fulfilled my household responsibilities as we agreed.	CD	SD	NS	SA	CA
26. My spouse consistently fulfilled their household responsibilities as we agreed.	CD	SD	NS	SA	CA
27. We were able to talk about new responsibilities when they emerged.	CD	SD	NS	SA	CA
28. I had a regular time of reading from the Bible	CD	SD	NS	SA	CA
29. My spouse had a regular time of reading from the Bible.	CD	SD	NS	SA	CA
30. I regularly shared with my spouse what I learn in my time of Bible study.	CD	SD	NS	SA	CA
31. My spouse regularly shared with me what he/she is learning in Bible study.	CD	SD	NS	SA	CA
32. We felt comfortable asking each other to pray for specific concerns.	CD	SD	NS	SA	CA
33. We agreed on the importance and frequency of church attendance for our marriage.	CD	SD	NS	SA	CA
34. We agreed on the importance and frequency of small group attendance.	CD	SD	NS	SA	CA
35. I believed my spouse's friends are a positive influence and a blessing to our marriage.	CD	SD	NS	SA	CA
36. I believed my friends are a positive influence and a blessing to our marriage.	CD	SD	NS	SA	CA
37. We had couple friends who model and actively pursued a healthy marriage.	CD	SD	NS	SA	CA
38. I voluntarily abstained from habits or practices that make my spouse fearful or upset.	CD	SD	NS	SA	CA
39. My spouse voluntarily abstained from habits or practices that cause me fear or upset.	CD	SD	NS	SA	CA
40. I made the changes that marriage necessitates without resentment or bitterness.	CD	SD	NS	SA	CA
41. My spouse made the changes marriage necessitates without resentment or bitterness.	CD	SD	NS	SA	CA
42. My sense of humor did not put my spouse down or highlight his/her weaknesses.	CD	SD	NS	SA	CA
43. My spouse's humor did not put me down or highlight my weaknesses.	CD	SD	NS	SA	CA
44. I valued the things my spouse tells me enough to remember them.	CD	SD	NS	SA	CA
45. My spouse valued the things I share with him/her enough to remember them.	CD	SD	NS	SA	CA
46. I felt safe to express my thoughts and opinions with my spouse.	CD	SD	NS	SA	CA
47. My spouse felt safe to express his/her thoughts and opinions with me.	CD	SD	NS	SA	CA
48. I was able to deal with change without it disrupting the marriage.	CD	SD	NS	SA	CA
49. My spouse was able to deal with change without it disrupting the marriage.	CD	SD	NS	SA	CA
50. We did a good job of selecting wise times to have difficult or in-depth conversations.	CD	SD	NS	SA	CA
51. I was willing to be interrupted to hear what my spouse has to say.	CD	SD	NS	SA	CA
52. My spouse was willing to be interrupted to hear what I have to say.	CD	SD	NS	SA	CA
53. We agreed on the type or level of offenses that need to be discussed.	CD	SD	NS	SA	CA
54. I maintained honor towards my spouse even when we disagree or argue.	CD	SD	NS	SA	CA
55. My spouse maintained honor towards me even when we disagree or argue.	CD	SD	NS	SA	CA
56. I resisted the temptation to "clam up" or "shut down" when saying something difficult.	CD	SD	NS	SA	CA
57. My spouse resisted the temptation to "clam up" or "shut down."	CD	SD	NS	SA	CA
58. I did not use "being honest" as an excuse to be harsh or dogmatic.	CD	SD	NS	SA	CA
59. My spouse did not use "being honest" as an excuse for being harsh or dogmatic.	CD	SD	NS	SA	CA
60. I did not allow my personal or marital goals to take precedent over the marriage.	CD	SD	NS	SA	CA
61. My spouse did not allow personal or marital goals to take precedent over the marriage.	CD	SD	NS	SA	CA
62. I was able to effectively forgive and not keep a record of wrongs.	CD	SD	NS	SA	CA
63. My spouse was able to effectively forgive and not keep a record of wrongs.	CD	SD	NS	SA	CA
64. My spouse felt safe when I express my anger or hurt.	CD	SD	NS	SA	CA
65. I felt safe when my spouse expresses his/her anger or hurt.	CD	SD	NS	SA	CA
66. I recognized that my spouse cannot be expected to meet all my emotional needs.	CD	SD	NS	SA	CA
67. My spouse recognized that I cannot meet all of his/her emotional needs.	CD	SD	NS	SA	CA
68. I resisted grading my spouse or marriage based on how fulfilled I felt.	CD	SD	NS	SA	CA
69. My spouse resisted grading me or our marriage based on how fulfilled he/she felt.	CD	SD	NS	SA	CA
70. We were able to talk about our family finances without defensiveness or arguing.	CD	SD	NS	SA	CA
71. I felt safe because of how we manage our finances.	CD	SD	NS	SA	CA
72. My spouse felt safe because of how we manage our finances.	CD	SD	NS	SA	CA
73. I felt free to make spending decisions within our family budget.	CD	SD	NS	SA	CA
74. My spouse felt free to make spending decisions within our family budget.	CD	SD	NS	SA	CA
75. My spending habits contributed to a sense of peace and stability in our marriage.	CD	SD	NS	SA	CA
76. My spouses' spending habits contributed to a sense of peace and stability in our marriage.	CD	SD	NS	SA	CA
77. I did not hide expenses or debt from my spouse.	CD	SD	NS	SA	CA
78. My spouse did not hide expenses or debt from me.	CD	SD	NS	SA	CA



79. We were willing to live simply enough to give time to the things that really matter.	CD	SD	NS	SA	CA
80. We agreed on the distractions that interfered with our time priorities.	CD	SD	NS	SA	CA
81. I was joyfully sacrificial in my love for my spouse.	CD	SD	NS	SA	CA
82. My spouse was joyfully sacrificial in his/her love for me.	CD	SD	NS	SA	CA
83. My spouse got the best of who I am.	CD	SD	NS	SA	CA
84. I believe I got the best of who my spouse is.	CD	SD	NS	SA	CA
85. I resisted the temptation to keep score of who had done more for the other.	CD	SD	NS	SA	CA
86. My spouse resisted the temptation to keep score of who had done more for the other.	CD	SD	NS	SA	CA
87. I was a growing person and felt like I had new things to share with my spouse.	CD	SD	NS	SA	CA
88. My spouse was a growing person and had new things to share with me.	CD	SD	NS	SA	CA
89. I regularly put intentional time and effort into romancing my spouse.	CD	SD	NS	SA	CA
90. My spouse regularly put intentional time and effort into romancing me.	CD	SD	NS	SA	CA
91. I was growing in my ability to enjoy and appreciate things that are important to my spouse.	CD	SD	NS	SA	CA
92. My spouse had a growing ability to enjoy and appreciate things that are important to me.	CD	SD	NS	SA	CA
93. I knew the things that most effectively communicate love to my spouse.	CD	SD	NS	SA	CA
94. My spouse knew the things that most effectively communicate love to me.	CD	SD	NS	SA	CA
95. I looked for new ways to express the things that my spouse found most affirming.	CD	SD	NS	SA	CA
96. My spouse looked for new ways to express the things that I found most affirming.	CD	SD	NS	SA	CA
97. I was able to hear and receive the love and affirmation my spouse gave me.	CD	SD	NS	SA	CA
98. My spouse was able to hear and receive the love and affirmation I gave him/her.	CD	SD	NS	SA	CA
99. I was able to put myself into words and shared myself with my spouse.	CD	SD	NS	SA	CA
100. My spouse was able to put him/her self into words and shared him/her self with me.	CD	SD	NS	SA	CA
101. We were balanced in who requested and initiated sex.	CD	SD	NS	SA	CA
102. I was satisfied with the frequency and quality of sex in our marriage.	CD	SD	NS	SA	CA
103. My spouse was satisfied with the frequency and quality of sex in our marriage.	CD	SD	NS	SA	CA
104. I felt like I could meet my spouse's sexual expectations and desires.	CD	SD	NS	SA	CA
105. The language my spouse uses to describe sex was wholesome and non-offensive to me.	CD	SD	NS	SA	CA
106. I was unselfish during sex and sought to find greater pleasure in my spouse's enjoyment.	CD	SD	NS	SA	CA
107. My spouse was unselfish during sex and sought to find greater pleasure in my enjoyment.	CD	SD	NS	SA	CA
108. I did not use sex as a tool to get things I want or punish my spouse.	CD	SD	NS	SA	CA
109. My spouse did not use sex as a tool to get things he/she wants or to punish me.	CD	SD	NS	SA	CA
110. My spouse and I agreed on the difference between sex and intimacy / closeness.	CD	SD	NS	SA	CA
111. My spouse and I agreed on the balance we want between sex and intimacy / closeness.	CD	SD	NS	SA	CA
112. My spouse and I could talk about what we enjoy and want from our sexual relationship.	CD	SD	NS	SA	CA
113. My spouse and I could talk about our fears or insecurities are related to sex.	CD	SD	NS	SA	CA

Remember this evaluation is not your new “to do list” replacing the marital restoration efforts under way. Any couple taking this assessment would find aspects of marital enrichment to work on. Your goal in this assessment is to identify any long-standing marital problems that would have contributed to the sexual sin or undermine the sustained progress achieved during the restoration process.