

## Evaluation: Understanding Our Differences

**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 am joyfully sacrificial in my love for my spouse.	CD	SD	NS	SA	CA
2. My spouse is joyfully sacrificial in his/her love for me.	CD	SD	NS	SA	CA
3. My spouse gets the best of who I am.	CD	SD	NS	SA	CA
4. I believe I get the best of who my spouse is.	CD	SD	NS	SA	CA
5. I resist the temptation to keep score of who has done more for the other.	CD	SD	NS	SA	CA
6. My spouse resists the temptation to keep score of who has done more for the other.	CD	SD	NS	SA	CA
7. I compliment all dimensions of my spouse's character, not just appearance.	CD	SD	NS	SA	CA
8. My spouse compliments all dimensions of my character.	CD	SD	NS	SA	CA
9. I know the things that most effectively communicate love to my spouse.	CD	SD	NS	SA	CA
10. My spouse knows the things that most effectively communicate love to me.	CD	SD	NS	SA	CA
11. I look for new ways to express the things that my spouse finds most affirming.	CD	SD	NS	SA	CA
12. My spouse looks for new ways to express the things that I find most affirming.	CD	SD	NS	SA	CA
13. I am able to hear and receive the love and affirmation my spouse gives me.	CD	SD	NS	SA	CA
14. My spouse is able to hear and receive the love and affirmation I give him/her.	CD	SD	NS	SA	CA
15. I am skilled at using words to build up and encourage my spouse.	CD	SD	NS	SA	CA
16. My spouse is skilled at using words to build up and encourage me.	CD	SD	NS	SA	CA
17. I am willing to and regularly look for ways to serve my spouse.	CD	SD	NS	SA	CA
18. My spouse is willing and regularly looks for ways to serve me.	CD	SD	NS	SA	CA
19. My spouse does not cause me feel insecure about my appearance.	CD	SD	NS	SA	CA
20. My comments or actions do not contribute to insecurity in my spouse about appearance.	CD	SD	NS	SA	CA
21. I am able to put myself into words and share myself with my spouse.	CD	SD	NS	SA	CA
22. My spouse is able to put him/herself into words and share him/herself with me.	CD	SD	NS	SA	CA
23. I am comfortable with the amount of time my spouse spends on personal interests.	CD	SD	NS	SA	CA
24. My spouse is comfortable with the amount of time I spend on personal interests.	CD	SD	NS	SA	CA
25. I am a growing person and feel like I have new things to share with my spouse.	CD	SD	NS	SA	CA
26. My spouse is a growing person and has new things to share with me.	CD	SD	NS	SA	CA
27. When I learn something new my spouse is one of the first people I want to tell.	CD	SD	NS	SA	CA
28. When my spouse learns something new I am one of the first people he/she tells.	CD	SD	NS	SA	CA
29. Throughout my day I anticipate the time I will spend with my spouse.	CD	SD	NS	SA	CA
30. Throughout the day my spouse anticipates the time we will spend with each other.	CD	SD	NS	SA	CA
31. Throughout my day I consider conversations I want to have with my spouse.	CD	SD	NS	SA	CA
32. Throughout his/her day my spouse considers conversations we will have together.	CD	SD	NS	SA	CA
32. I believe we spend an adequate amount of time together as a couple.	CD	SD	NS	SA	CA
34. My spouse believes we spend an adequate amount of time together as a couple.	CD	SD	NS	SA	CA
35. I regularly put intentional time and effort into romancing my spouse.	CD	SD	NS	SA	CA
36. My spouse regularly puts intentional time and effort into romancing me.	CD	SD	NS	SA	CA
37. I frequently look for new and creative ways to romance my spouse.	CD	SD	NS	SA	CA
38. My spouse frequently looks for new and creative ways to romance me.	CD	SD	NS	SA	CA
39. When we are apart I look for ways to let him/her know I'm thinking of him/her.	CD	SD	NS	SA	CA
40. When we are apart my spouse looks for ways to let me know he/she is thinking of me.	CD	SD	NS	SA	CA
41. I look for spontaneous and unexpected opportunities to show love for my spouse.	CD	SD	NS	SA	CA
42. My spouse looks for unexpected opportunities to show love to me.	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 1-6: ( Total: \_\_\_\_\_ in 6 questions)

This set of questions examines the “**sacrificial love**” aspect of healthy marital intimacy and romance. Love requires us to give ourselves away. No expression of love or romance will be lasting and satisfying without this willingness to be vulnerable, authentic, and sacrificial.

Recommended Resources: *When Sinners Say “I Do”* by Dave Harvey

➤ Questions 7-22: ( Total: \_\_\_\_\_ in 16 questions)

This set of questions examines the “**types of non-sexual love**” in healthy marital intimacy and romance. In order for love to be known it must be expressed. The most sincere affection or devotion that does not express itself cannot bless the one it cherishes. We should strive to express our love in the ways that are more receivable to our spouse and appreciate the way our spouse most naturally expresses love.

Recommended Resources: *Loving Well (Even If You Haven’t Been)* by William P. Smith

➤ Questions 23-42: ( Total: \_\_\_\_\_ in 20 questions)

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.

Recommended Resources: See “Appendix B: Creating a Time Budget” in the *Creating a Gospel-Centered Marriage: Decision Making* seminar notebook.

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 the odd numbered questions.

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