

The Spouse Assessment

Rate your satisfaction on each question and asterisk the ones most important to you.

Communication

- Do I communicate effectively?
- Do I regularly evaluate my relationship?
- Do I discuss small frustrations before they get bigger?

Conflict Resolution

- Am I able to manage differences without conflict?
- Am I honest in this relationship?
- Do I handle stress well?
- Do I respect my spouse's feelings during conflict?
- Do I forgive my spouse without resent?

Finances

- Am I in alignment with my spouse about money?
- Do I trust my spouse with money?

Family & Friends

- Do I support our extended family?
- Am I satisfied with my spouse's time spent with his/her friends?
- Am I satisfied with my time spent with my friends?
- Do I feel loved in this relationship?
- Does this relationship bring out the best in me?

Hobbies

- Am I satisfied with the level of desire for travel and adventure?
- Do we travel well together?
- Am I satisfied with time spent on individual hobbies?
- Do I feel supported in my own interests/activities?
- Am I satisfied with my spouse's preferences to stay home?

Sex & Intimacy

- Am I satisfied with the frequency of sex?
- Do I trust that my partner is faithful?
- Do I experience passion?
- Do I know what turns on my spouse?
- Do I find my partner attractive?
- Am I sexually fulfilled in this relationship?
- Do we regularly talk about our sexual needs?

Spiritual Beliefs

- Are we in alignment with our spiritual beliefs?
- Do I have respect for my spouse's beliefs?
- Are we in alignment in our values?
- Do I support my spouse's hopes and dreams?
- Do I feel supported in my hopes and dreams?

Life Goals

- Do I feel supported in my goals?
- Do I feel supported in my vision?
- Am I settling for less than my expectations?
- Are we in alignment with our future plans?

Roles & Responsibilities

- Do I agree with my spouse on our household responsibilities?
- Do I agree with my spouse on the level of home cleanliness and organization?
- Am I happy with my role as breadwinner/homemaker/etc?
- Do I feel respected in how I contribute to our family?
- Do I respect my spouse in their contribution to our family?

Children & Parenting

- Are we in alignment in how we discipline?
- Do we agree on and enforce rules?
- Do I respect my spouse in front of our children?