

Marriage Quiz

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Instructions

A strong marriage is based on a foundation of love and respect, mutual friendship, and the ability to successfully handle the inevitable differences that occur when two people unite their lives.

This questionnaire focuses on eight dimensions of a healthy, well-connected marriage, namely conflict resolution, partnership, support, trust, togetherness, emotional intimacy, warmth/affection, and chemistry. It highlights those dimensions that are currently strengths in your relationship and those that may be work areas.

Each dimension is further broken down into three distinct principles of healthy relationships. Read the brief definition of each principle. Then rate how committed you are, *both in attitude and in fact*, to living that principle in your relationship, using the scale provided (from “not committed” to “highly committed”). For example, if you are highly committed to making decisions together with your spouse as a principle in your marriage, then you might check that response on the joint decision-making dimension.

Also, rate how satisfied you feel in your current relationship with regard to each principle (from “very unhappy” to “very happy”).

At the bottom of each page is a place to sum your satisfaction scores. Calculate the total **satisfaction** score for each dimension by summing all three satisfaction ratings within each dimension. This will give you a total score out of thirty.

Finally, under each dimension, write down a few brief sentences describing your strengths in that area. Also write down your ideas about what would help you feel more satisfied with each dimension.

Note: While research and experience have shown that these areas are important to the health of a marriage, this questionnaire does not assume that all of these dimensions are equally important to you nor does it assume that high satisfaction is the same as high functioning. For example, if you are both satisfied with your level of intimacy, this doesn't necessarily mean that you are highly intimate with each other.

This questionnaire is primarily designed to increase awareness of what is important to you, your current satisfaction levels with various aspects of the relationship, and your own commitment to the health of the relationship. The usefulness of this questionnaire depends a great deal on your honesty and the attitude of openness with which you review the results.

1. Conflict Resolution

A. Respectful Conflict. When we experience conflict, we deal with it effectively. We get to the real issues instead of arguing about minor details. If arguments start to escalate we end hostilities quickly. We avoid defensiveness, blaming and criticism. We stay calm and reasonable even if we disagree. We show mutual respect for each other’s dignity. We avoid name-calling, insults, put downs, and abusive behavior.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with our current ability to handle conflict?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

B. Negotiation and Compromise. We deal with disagreements using negotiation and problem-solving. We try to understand each other’s interests instead of taking positions. We seek ways of compromising or finding ways that we can both accomplish what is important to us. We make requests instead of demands and we negotiate on those requests. We come to a satisfying resolution of the problem.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with our current level of compromise?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

C. Active Listening. We actively listen to each other. We try to put ourselves in each other’s shoes. We work at not interrupting each other or getting defensive. We try to listen with curiosity instead of trying to control the other person’s thoughts, feelings or actions. We listen to what the other person is actually saying. We try to *see* what is really going on for the other person instead of making up stories in our head about him/her.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with how well my partner actively listens to me?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

TOTAL SATISFACTION SCORE - CONFLICT RESOLUTION (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

2. Partnership

A. Joint Decision-Making. We make decisions by consensus when they are decisions that will impact both of us. We take each other’s needs and opinions into account when deciding on a course of action. We consult with each other and seek each other’s input before making decisions that will affect the other person. We avoid making unilateral decisions.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of joint-decision making?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

B. Couple Identity. We work together as a team or partnership. We think of ourselves as a “we,” not just two separate individuals. We strive to develop an identity as a couple in addition to our individual identities. We each think about what is good for “us” as a team and for the other person, not just what is good for “me.” (Note: This principle assumes you have a healthy balance that works for both of you between togetherness and separateness – it is not saying you should be fused together as one person – just that you strike a balance).

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of couple identity?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

C. Mutual Influence. We strive to share power equally. We help each other feel influential in this relationship. We are responsive to each other’s ideas and feelings as legitimate. We strive to avoid power struggles. We both yield to each other well. We try to think “win-win.”

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of mutual influence?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

TOTAL SATISFACTION SCORE - PARTNERSHIP (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

3. Support

A. Standing Beside. We stand up for each other against outside influences, including family members. We don't let anyone speak ill of the other person without speaking up. We take each other's side. We don't "side with the enemy." We stand by and believe in each other during hard times. We keep each other's confidence. We back each other up when disciplining our children (if applicable) or visiting with in-laws or friends.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with how well my partner stands up for me and backs me up?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

B. Instrumental Help. We help each other with household chores or with work projects. We take care of each other. We look after each other when the other is sick. We do thoughtful things to make each other's burdens lighter. We try to be helpful to each other. We know that love means giving our help and service to each other.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with how well we help and serve each other?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

C. Relationship Priority. We make each other a priority. We give up important events to be with each other during times of need. We put each other's needs and wishes ahead of our own. We make sacrifices for each other easily, such as getting out of bed in the night or giving up a favorite television program, in order to help each other with something important to the other person. We treat each other's needs as important.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with how well we make each other a priority?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

TOTAL SATISFACTION SCORE - SUPPORT (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

4. Trust

A. Honesty & Integrity. We speak truthfully. We are honest and real with each other. We believe in the importance of integrity, being true to our beliefs, commitments, and values.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with how honest my spouse is with me?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

B. Boundaries. We set appropriate boundaries with members of the opposite sex. We avoid saying or doing things with members of the opposite sex that we would not feel completely comfortable doing in each other’s company. We recognize our vulnerabilities, striving not to place ourselves in situations where we may become emotionally attached to or encourage physical chemistry with someone outside of our marriage.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with how well my partner sets boundaries?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

C. Intentions & Judgment. We try to act with positive intentions and sound judgment. We try to make thoughtful decisions and not act rash or impulsively. We try to think things through carefully before we speak or act. We try to make good choices. We work at not saying or doing things impulsively to hurt each other. I do not use my knowledge of my spouse’s vulnerabilities against him or her. I trust my spouse to do the same.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with my partner’s intentions, prudence and judgment?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

TOTAL SATISFACTION SCORE - TRUST (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

5. Togetherness

- A. Play.** We are playful with each other. We make each other laugh a lot. We know how to make our time together fun and enjoyable no matter what we are doing. We have fun in our relationship. It doesn't take a lot for us to have fun.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with our current level of playfulness and fun?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

- B. Time.** We make time for each other. We give each other our undivided attention when we are together. We turn off the T.V. or set aside other distractions in order to focus on each other. We go on regular dates together and engage in shared activities. It matters not so much what we do; rather that we are together.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with our current level of quality time together?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

- C. Conversation.** We have easy and enjoyable conversations when we are together. We talk a lot about everyday things. We take pleasure in just talking and being together, even if we don't have anything planned. When we go on dates together we talk. When we are alone together we talk. Our talk is engaging.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with our current level of conversation?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

TOTAL SATISFACTION SCORE - TOGETHERNESS (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

6. Emotional Intimacy

A. Knowledge of Partner. We know and remember each other's likes and dislikes, favorite things, dreams, hopes, fears, and life goals. We know details about each other's history. We ask each other engaging, curious questions in order to learn more about each other's feelings, thoughts, wishes and dreams. I seek to know these things about my partner. My partner seeks to know them about me.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with how well we know each other?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

B. Openness. We disclose our innermost thoughts and feelings to each other. We let each other know when we are hurt, afraid, or happy. We share our hopes, dreams, and fears with each other. We express ourselves directly and honestly. We are open and clear about the real issues that affect us.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with my partner's openness with me?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

C. Acceptance. We accept each other's personality. We do not try to change each other. We look for what is good and positive in each other. We are patient with each other's faults. We try not to judge each other's feelings, hopes, dreams or the things that are important to the other person. We try to be understanding of each other.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with my partner's acceptance of me?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

TOTAL SATISFACTION SCORE - INTIMACY (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

7. Warmth and Affection

A. Affection. We are physically affectionate with each other. We hug and kiss at daily partings and reunions. We hold hands and cuddle easily. We touch each other frequently. We are comfortable expressing and receiving physical affection.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with the current level of physical affection in our relationship?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

B. Affirmation. We are verbally affectionate. We encourage each other and express appreciation easily. We comment on each other’s strengths and positive qualities. We say things that lift each other up. We praise each other. We say, “I love you” easily. We thank each other. We let each other know specific things that we appreciate and admire.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with the current level of verbal affection and affirmation?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

C. Kindness and Caring. We are kind to each other in words and in deed. We are thoughtful and considerate of each other’s feelings. We try to be patient and forgiving. We give each other the benefit of the doubt. We try not to be harsh or critical of each other. We try to speak softly and express concern for each other.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed									
How HAPPY am I with my partner’s kindness and caring towards me?									
1	2	3	4	5	6	7	8	9	10
Very Unhappy		Unhappy		Neutral		Happy		Very Happy	

TOTAL SATISFACTION SCORE - AFFECTION (A+B+C)

/ 30

Our strengths in these areas: _____

My concerns in these areas: _____

8. Chemistry

A. Physical Intimacy. We are physically attracted to each other and enjoy expressing our sexual energy with each other. We have a sensual and fulfilling relationship in terms of frequency and variety of sexual expression. Our physical intimacy both enhances and complements our emotional closeness. Our physical intimacy makes me feel good about myself.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of physical intimacy?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

B. Romance. There is romance in our relationship. We treat each other like a king and queen. We cherish each other. We plan romantic dates and weekend getaways. We make special occasions meaningful (i.e. anniversaries and birthdays). We write love notes to each other, send flowers, give gifts, or just find small ways to show that we are thinking of each other.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of romance?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

C. Enrichment. We work at keeping our relationship from growing stale. We try to keep learning and growing. We seek out new things that enrich our lives and relationship such as classes, activities or hobbies – things we can do together to strengthen our relationship and things we can do individually that add interest to our lives. We try to stay fit and healthy in mind, body and spirit. We lead interesting and stimulating lives together.

I am: <input type="radio"/> Not Committed to this Principle <input type="radio"/> Somewhat Committed <input type="radio"/> Moderately Committed <input type="radio"/> Highly Committed													
How HAPPY am I with our current level of relationship enrichment?													
1	2		3	4		5	6		7	8		9	10
Very Unhappy			Unhappy			Neutral			Happy			Very Happy	

TOTAL SATISFACTION - CHEMISTRY (A+B+C)

/ 30

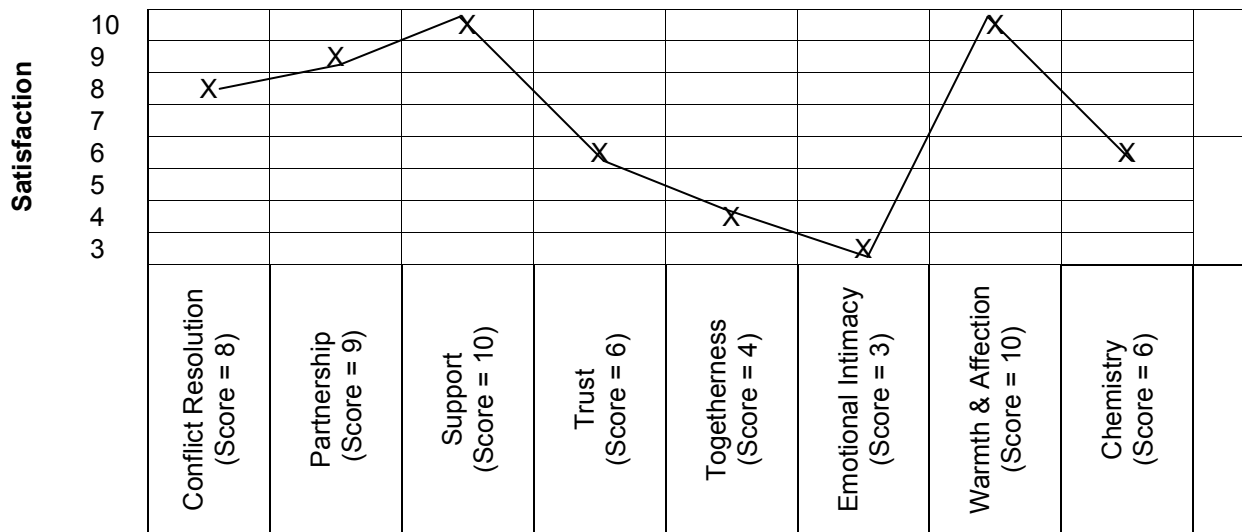
Our strengths in these areas: _____

My concerns in these areas: _____

Scoring

Transfer your total satisfaction scores to the graph on the following page, so that you can see all of the scores at a glance. In each column, place an X in the box that corresponds to your total satisfaction score for that particular dimension. After placing all eight X's, draw a line from the X in the Conflict Resolution column to the X in the Partnership column, then to the X in the Support column, and so on until you have drawn a line through each of the eight X's. This creates a profile of your satisfaction scores.

For example:



For each of the eight dimensions use the following scale to help you interpret your score:

Score:

27-30: **Very Happy.** Scores in this range typically indicate very high satisfaction overall.

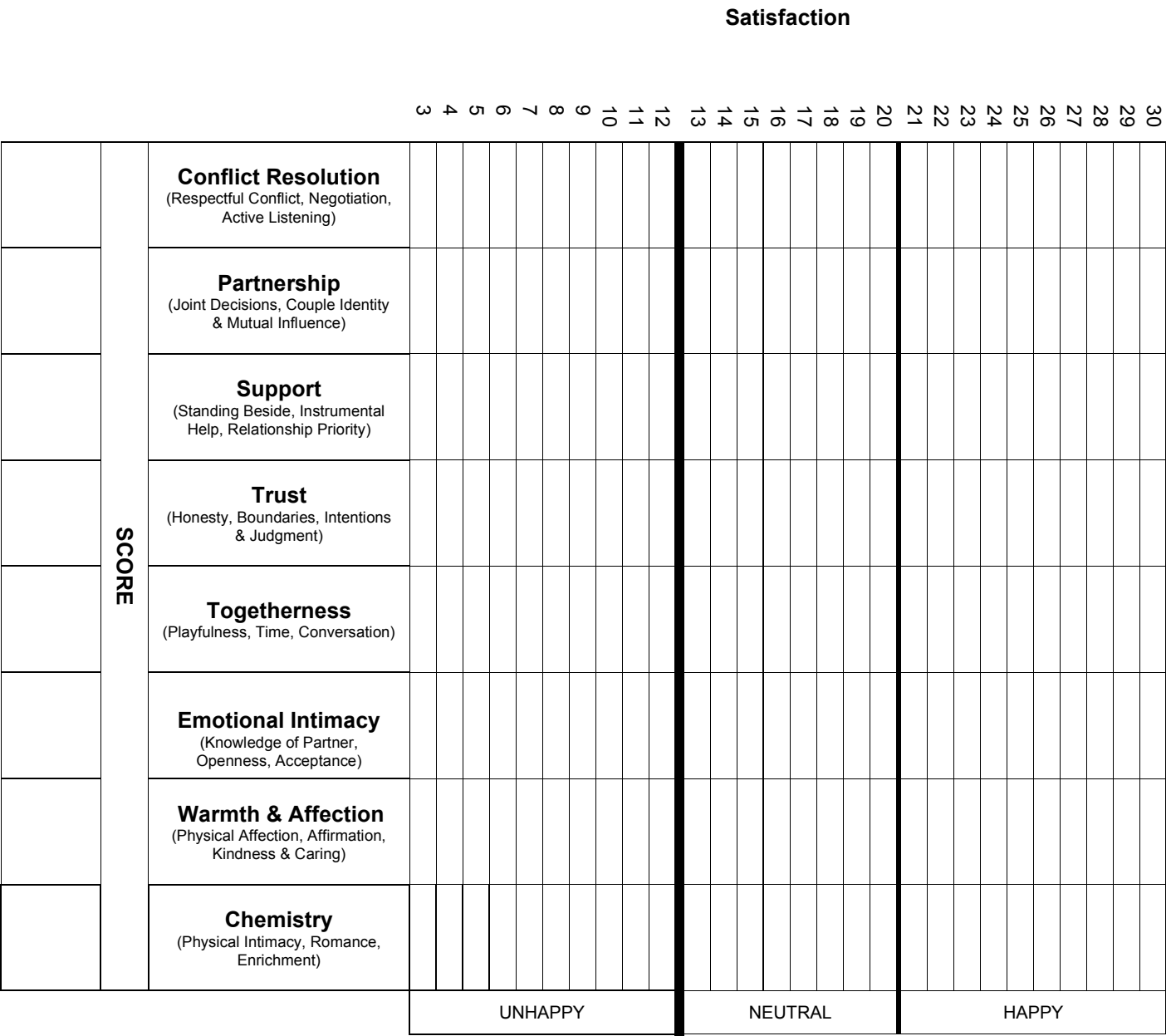
21-26: **Generally Happy.** Scores in this range typically indicate high satisfaction and low distress with this aspect of the relationship overall, but there may be some areas of improvement that should be discussed further with your partner.

13-20 **Neutral.** Scores in this range typically indicate neither high nor low satisfaction. Scores in this range may indicate mild distress with certain aspects of the relationship. There may be certain aspects you are happy with and certain aspects you are unhappy with.

7-12 **Generally Unhappy.** Scores in this range typically indicate low satisfaction and moderate to severe distress overall with this aspect of the relationship.

3-6 **Very Unhappy.** Scores in this range typically indicate very low satisfaction and severe distress overall with this aspect of the relationship.

Graph: Your Satisfaction Score



Application

1. Review your answers in each of the eight dimensions. Choose one or two areas that you would like to focus on improving. Set a goal for yourself to strengthen that specific area of your relationship. Select several action steps that you will take to help you accomplish that goal.
2. Have your spouse complete the Marriage Quiz independently of you. Then both of you compare your responses within each of the eight dimensions. Choose an area that you feel needs improvement and discuss with each other what each of you can do to strengthen that area as a couple.
3. Compare your responses. Are they very similar or are they very different? If they are very different, discuss with each other possible reasons why they might be different. Pay attention to dimensions where you or your spouse scored low on satisfaction. Go back and review the specific aspects of that dimension with each other to see why your scores were low. Discuss with each other any strengths you noted in those areas as well as things you yearn for that would help you feel more satisfied. Discuss with each other how to strengthen your relationship in those areas.
4. Compare your commitment levels to your spouse's satisfaction levels? Are you under-committed in any of these areas? Talk with each other about why you feel less committed to certain principles in your marriage.
5. Retake this questionnaire after a few months of working on your marriage in order to track your progress over time.

Note: This is not a standardized or validated test and should not be used for diagnostic purposes. The purpose of this questionnaire is to highlight strengths and work areas in your relationship and to facilitate discussion, planning and goal-setting between partners.