

## Assessment for Marital Purity

As I have talked with married couples over the years I have noted their various concerns and responses to their spouse's emotional, mental and physical purity. Each of the warning signs has either gone unnoticed or simply been disregarded as insignificant. The sexual behaviors and emotional responses have become almost predictable. With each question you answer yes to it will become increasing clear that there may be a need for marital counseling.

YES	NO	Warning Signs To Watch For In Marriage	
		1	Have there been recent changes in you or your spouse's behavior/habit patterns that are "out of character" lasting for more that several days or weeks? Me_____ Spouse _____
		2	Have you or your spouse experienced increased stress at work, home or financial difficulties? Me_____ Spouse _____
		3	Have you or your spouse expressed feelings of recurring or persistent anxiety or depression? Me_____ Spouse _____
		4	Have you or your spouse shown signs of recurring or persistent exhaustion or physical illness? Me_____ Spouse _____
		5	Have you or your spouse exhibited signs of increased irritability with or each other or other people? Me_____ Spouse _____
		6	Have you noticed unusual spending, credit card purchases or cash withdrawals?
		7	Have you or your spouse become emotionally distant or detached from each other? Me_____ Spouse _____
		8	Do you or your spouse come to bed late after the other is sleeping? Me_____ Spouse _____ How often? _____
		9	Do you sense a lack of spiritual closeness/intimacy with Christ? Me_____ Spouse _____
		10	Are you or your spouse overly friendly, flattering or flirtatious with anyone of the opposite sex? Me_____ Spouse _____
		11	Are you or your spouse aware of anyone of the opposite sex who has an increasing emotional connection with either of you? Me_____ Spouse _____
		12	Do you or your spouse meet <i>privately</i> , for any reason, with anyone of the opposite sex? Me_____ Spouse _____ How often? _____
		13	Has there been a significant increase in the amount of time that you or your spouse spend away from home, in meetings, on the phone, text messaging or emailing with anyone of the opposite sex? Me_____ Spouse _____
		14	If yes to questions 12 and 13, do you know who, where, when and why?
		15	Do you or your spouse have any reason for concern regarding each others thought life? Me_____ Spouse _____
		16	When you have tried to talk to with each other about any perceived emotional or physical changes do you or your spouse deny, minimize, and get defensive and/or harsh in your response? Me_____ Spouse _____

Section One

Total Yes for me \_\_\_\_\_ Total No for me \_\_\_\_\_

Section two

Total Yes for spouse \_\_\_\_\_ Total No for spouse \_\_\_\_\_

YES	NO		Sexual Behavior And Emotional Responses
		1	Have you or your spouse used pornography of any kind including internet, movies, magazines etc.? Me _____ Spouse _____
		2	Is masturbation a frequent activity for you or your spouse? Me _____ Spouse _____
		3	Are you or your spouse uncomfortable with the amount of sex or the type of sex you desire or engage in with each other? Me _____ Spouse _____
		4	Do you believe you or your spouse's sexual interests are excessive or outside normal limits? Me _____ Spouse _____
		5	Have desires for sex felt like demands for sex? Me _____ Spouse _____
		6	Have you or your spouse made promises to each other to change or stop some of his/her sexual behavior, and then broken those promises? Me _____ Spouse _____
		7	Have you or your spouse felt hurt, ashamed or embarrassed by your sexual conduct? Me _____ Spouse _____
		8	Are you or your spouse afraid to upset the other for fear that he/she will leave you?
		9	Have you or your spouse sometimes found yourself searching for clues about his/her sexual behavior? Me _____ Spouse _____
		10	Have you ever fantasized, obsessed or worried about your husband's sexual problems? Me _____ Spouse _____
		11	Have you or your spouse made threats to others or promises to yourself ("If this happens again, I'll leave.") that you did not carry out? Me _____ Spouse _____
		12	Have you or your spouse tried to control your partners sexual thoughts or behavior by doing things like throwing away pornography, dressing seductively, or being sexual with your spouse in order to keep him/her from being sexual with others? Me _____ Spouse _____
		13	Has your involvement with your spouse's sexual behavior ever affected your relationship with your children, your co-workers or other friends or family members? Me _____ Spouse _____
		13	Have you or your spouse lied to others or made excuses to yourself about your spouse's sexual conduct? Me _____ Spouse _____
		14	Have there been any financial problems because of your spouse's sexual behavior?
		15	Have you felt pressured to engage in sexual behavior that is dangerous or makes you feel uncomfortable or ashamed?
		16	Have you ever felt confused and unable to separate what is true from what is false when talking with your spouse?
		17	Have you or your spouse ever contemplated or attempted suicide because of your spouse's sexual behavior? Me _____ Spouse _____
		18	Have you used sex to keep peace in the family or smooth over problems?
		19	Does sex play an all-consuming role in the relationship i.e. thinking about it, doing it, talking about it, worrying about it?
		20	Have you ever felt abandoned emotionally because of your spouse's use of pornography or masturbation?
		21	Do you feel alone in your problem?
		22	Do you feel that your spouse's sexual behavior(s) will continue no matter what you say or feel?