

Marriage Stability Quiz

Name: _____ Answer YES or NO to each then check your score below Date _____

1. Do you make your spouse feel good about his/her self? (yes ___ no ___)
2. Do you value the same things in your spouse that you value in yourself? (yes ___ no ___)
3. Does your face spontaneously break into a smile when you see your spouse? (yes ___ no ___)
4. Does your spouse have a sense of well-being, having been encouraged by your company? (yes ___ no ___)
5. Can you and your spouse tell each other honestly, what you really want instead of using manipulation or games? (yes ___ no ___)
6. Can your spouse get angry with you without your thinking less of him/her? (yes ___ no ___)
7. Can you accept your spouse as he/she is instead of having several plans to redo them? (yes ___ no ___)
8. Is your behavior consistent with your words? (yes ___ no ___)
9. Do your actions show you really care for your spouse? (yes ___ no ___)
10. Can you feel comfortable with your spouse when he/she is wearing old clothes? (yes ___ no ___)
11. Do you enjoy introducing your spouse to your friends or acquaintances? (yes ___ no ___)
12. Are you able to share with your spouse your moments of weakness, failure, or disappointment? (yes ___ no ___)
13. Would your spouse say you are a good listener? (yes ___ no ___)
14. Do you trust your spouse to solve his or her own problems? (yes ___ no ___)
15. Do you admit to your spouse you have problems and need his or her comfort or help? (yes ___ no ___)
16. Do you believe you could live a full and happy life without your spouse? (yes ___ no ___)
17. Do you encourage your spouse to develop his or her full potential? (yes ___ no ___)
18. Are you able to learn from your spouse and value what he/she says? (yes ___ no ___)
19. If your spouse were to die tomorrow, would you be thankful that you had the chance to meet and to share your lives together in marriage? (yes ___ no ___)
20. Do you help your spouse feel that he/she is more important than anyone or anything else in your life other than God? (yes ___ no ___)
21. Do you believe you know at least five of your spouse's major needs and how to meet those needs in a skillful way? (yes ___ no ___)
22. Do you know what your spouse needs when he/she is under stress or discouraged? (yes ___ no ___)
23. When you offend your spouse, do you usually admit you were wrong and seek his/her forgiveness? (yes ___ no ___)
24. Would your spouse say you praise him/her at least once a day? (yes ___ no ___)
25. Would your spouse say you are open to his/her correction? (yes ___ no ___)
26. Would your spouse say that you are an encourager, understanding what his/her limitations are? (yes ___ no ___)
27. Would your spouse say you usually consider his/her feelings and ideas whenever making a decision that affects the family or him/her? (yes ___ no ___)
28. Would your spouse say you enjoy being with him/her and sharing many of life's experiences with them? (yes ___ no ___)
29. Would your spouse say you are a good example of what you would like them to be? (yes ___ no ___)
30. Would you say you create interest in your spouse when you share things you consider important? (yes ___ no ___)

Total answered yes: _____

- If you answered "yes" to 10 or less questions, then your relationship is in major need of repair.
- If you answered "yes" to 11-19 of the questions, then your relationship needs improvement.
- If you answered "yes" to 20 or more, then you probably have a good and lasting relationship.

Adapted from If Only He Knew: Understanding Your Wife by Gary Smalley, Zondervan Publishing