

# Marriage Assessment

Pre/Post Self-Assessment Name: \_\_\_\_\_ Date: \_\_\_/\_\_\_/\_\_\_

## Marriage Quality - Emotions

## Circle Level of Greatest Experience

Rejection.....	1	2	3	4	5	6	7	8	9	10
Anger.....	1	2	3	4	5	6	7	8	9	10
Can't trust.....	1	2	3	4	5	6	7	8	9	10
Offended.....	1	2	3	4	5	6	7	8	9	10
Resentful.....	1	2	3	4	5	6	7	8	9	10
Obsessive thoughts.....	1	2	3	4	5	6	7	8	9	10
Control.....	1	2	3	4	5	6	7	8	9	10
Fear.....	1	2	3	4	5	6	7	8	9	10
Fear - physical harm.....	1	2	3	4	5	6	7	8	9	10
Lack of confidence.....	1	2	3	4	5	6	7	8	9	10
Stress.....	1	2	3	4	5	6	7	8	9	10
Isolation, loneliness.....	1	2	3	4	5	6	7	8	9	10
Self-pity.....	1	2	3	4	5	6	7	8	9	10
Spouse at fault.....	1	2	3	4	5	6	7	8	9	10
Numb.....	1	2	3	4	5	6	7	8	9	10

## Marriage Quality - Interaction

Arguing.....	1	2	3	4	5	6	7	8	9	10
Loud Arguing.....	1	2	3	4	5	6	7	8	9	10
Not Trusting.....	1	2	3	4	5	6	7	8	9	10
Monitor spouse's daily behavior.....	1	2	3	4	5	6	7	8	9	10
Can't resolve conflict.....	1	2	3	4	5	6	7	8	9	10
Trouble with communication.....	1	2	3	4	5	6	7	8	9	10
Parenting conflicts.....	1	2	3	4	5	6	7	8	9	10
Blame spouse for conflict, problems.....	1	2	3	4	5	6	7	8	9	10
Conflict on financial decisions.....	1	2	3	4	5	6	7	8	9	10
Lack of physical intimacy.....	1	2	3	4	5	6	7	8	9	10
Suspicious of spouse.....	1	2	3	4	5	6	7	8	9	10
Judgment.....	1	2	3	4	5	6	7	8	9	10
Critical.....	1	2	3	4	5	6	7	8	9	10

## Marriage Quality - Personal Responses

Considering divorce.....	1	2	3	4	5	6	7	8	9	10
Shut down.....	1	2	3	4	5	6	7	8	9	10
Avoid spouse.....	1	2	3	4	5	6	7	8	9	10
Yell/Scream.....	1	2	3	4	5	6	7	8	9	10
Retaliate.....	1	2	3	4	5	6	7	8	9	10
Run away.....	1	2	3	4	5	6	7	8	9	10
Complain about spouse to children.....	1	2	3	4	5	6	7	8	9	10
Reject spouse.....	1	2	3	4	5	6	7	8	9	10
Isolate from spouse.....	1	2	3	4	5	6	7	8	9	10
Weight control, eating issues.....	1	2	3	4	5	6	7	8	9	10
Alcohol as escape.....	1	2	3	4	5	6	7	8	9	10
Self-harm.....	1	2	3	4	5	6	7	8	9	10
Sleep alone.....	1	2	3	4	5	6	7	8	9	10