



Marital Assessment

I. INTRODUCTION

In a few sentences, what is the presenting problem?

With whom does the responsibility of this problem lie?

What have you already attempted to do to resolve the crisis?

What does a perfect marriage look like?

II. HISTORY

Where did you meet?

Who pursued whom?

How long was the courtship?

Did you live together before marriage? Did you have sex?

Describe any previous marriages or long term relationships and why they ended.

III. COMMITMENT

What is your commitment to the Lord? Describe it to me.

Are you desiring to preserve this marriage?



Is there romantic/emotional/sexual involvement with another person?

Do the children divide you or pull you together?

Have you discussed separation or divorce? To what extent?

Have you seen a lawyer?

Did you live by yourself before you got married?

IV. CONFLICT ANALYSIS

What makes you angry?

Does anger motivate you positively or negatively?

Do you handle stress well?

How do you deal with conflict (withdraw, yield, resolve, compromise, or win)?

What positive/negative characteristic do you possess in resolving conflict?

How often have you faced crisis in your marriage? How difficult was coping with the crisis?

What negative behaviors do you have in conflict?

What were your parent's behaviors in conflict?



If you could change one thing about the way your partner fights, what would it be?

What are your major conflicts about?

Do you fight in front of the children?

What marital hurts have not been resolved?

V. INTIMACY (PAIR PROFILE)

Describe what activities you did together before marriage.

How much did that change after marriage?

How satisfied are you with your marriage?

What facets are you most dissatisfied with?

When did problems start in your relationship?

Describe your personality types (if couple is not able to, then have them take personality profiles or similar instrument.

What is the main barrier to intimacy on your part?

Rate your intimacy in the following areas on a scale of 1-10:

_____ spiritual	_____ sexual	_____ non-sexual affection
_____ emotional	_____ social	



Describe your top two intimacy needs in a not-critical way to your partner.

What is the primary love language that you utilize to give and receive love:

- 1) Physical Touch 2) Encouraging Words 3) Gift Giving
- 4) Acts of Service 5) Quality Time

Do you have a date night regularly?

Do you schedule weekends away as a couple?

Describe your individual weekly time schedule.

VI. COMMUNICATION

What is your role in the family?

How do you make decisions about the family?

Do you communicate frequently or infrequently?

Is communication positive or negative?

Is there openness and honesty in your communication?

Do you have a structured time for communication in your weekly schedule?

Do you encourage your partner daily, weekly, monthly?