



Confidential Marital Assessment Summary Checklist

Relationship Strengths:

1. Both partners are Christians and have a strong desire to grow in their relationship with the Lord.
2. Both partners are Christians.
3. Both partners are believers in Jesus Christ.
4. Both partners are committed in relationship with Jesus Christ.
5. Both partners indicate that their relationships with God are struggling, but, they do want to grow closer to God
6. Both partners have an understanding of Godliness and are familiar with what is necessary to be on right track with God.
7. Both partners are committed to each other and want their relationship to work.
8. It is evident that both partners love each other.
9. Both partners have expressed a desire to change as individuals to meet the needs of the couple.
10. Both partners are committed to relationship and have shown improvement.
11. Both partners are willing to examine personal issues to assess marital implications.
12. Both willing to address personal issues that may perplex the relationship, for the good of the couple.
13. After ____ years of marriage each are looking for a deeper intimacy and closer emotional responding.
14. It is very evident that both partners love each other a great deal and are satisfied with the relationship.
15. Couple is committed to the reconciliation of past differences and each is willing to change to make that happen.
16. Couple demonstrates a love for the Lord and each is attempting to make decisions based upon what is right.
17. Couple is actively involved in a local church.
18. Couple is easy going and does not seem to hold grudges or bitterness toward each other.
19. Both partners are capable of laughter and seeing humor in various aspects of their relationship.
20. Couple is involved with LifeFocus Support Groups.
21. Both partners have a general understanding of what marriage is, and how to communicate properly
22. Both partners love each other.
23. Partners declare a love for each other.
24. Partners desire to become more united in their covenant relationship.



25. Both partners recognize that change is necessary.
26. Both partners are committed to each other and consider significant the covenant relationship they have.
27. Both partners demonstrate concern for the other.
28. Both partners understand the fact that past painful circumstances effect their relationship
29. Couple reports there has been no involvement with others within marriage.
30. Couple has regular date nights.
31. Couple desires to preserve relationship and to grow deeper in intimacy together.
32. Both partners are active and healthy physically.

Relationship Weaknesses:

1. Communication is unstable and intimacy is problematic.
2. Communication and intimacy are infrequent.
3. Communication is infrequent.
4. Couple's communication skills need work.
5. Couple's sexual intimacy has dwindled considerably.
6. In the past, most communication has been a transfer of information, rather than a sharing of feelings, goals and direction.
7. Both partners do not handle stress or conflict well.
8. Couple has had a difficult time overcoming anger-related issues.
9. Couple has past pain issues that are unresolved.
10. Both partners have individual pain to process.
11. Both partners started patterns of dysfunction in existing relationship prior to their marriage.
12. _____ dysfunctional family background has influenced his relational skills; he needs more therapy to overcome distancing of others on emotional level.
13. Avoidance and withdrawal describe the attempts at openness within this relationship.
14. Couple does not resolve conflict effectively.
15. Both partners' past negatively influences their relationship.
16. Couple does struggle with how to deal with past hurt and betrayal.
17. Couple has unhealed hurts from before marriage; as-well-as, within.
18. _____ lack of involvement in family responsibilities (depression).
19. Financial strain upon couple is evident.
20. Both admit that crisis tends to drive them apart.
21. Religious implication stressful.
22. Both partners have had previous marriages.
23. _____ needs work on setting boundaries and sticking to them.



24. Past affair has broken down trust.
25. Couple's trust level is low.
26. Couple demonstrates self-reliant tendencies.
27. Couple's ability to meet each other's needs requires improvement.
28. Partners possess resentment and bitterness.
29. Both partners have individual issues that perplex the state of the relationship.
30. Both individuals have differing personality traits (this in itself is not hurtful to the relationship; however, how they deal with the differences in personality is).

Counseling Recommendation:

1. Couple to establish a weekly communication and dating time.
2. Couple to understand the dynamics of healthy communication.
3. Couple to remove personal barriers to intimacy.
4. Couple to receive healing for pain experienced in the past.
5. Couple to process the pain of past relationships together.
6. Delegation and sharing of parental responsibilities.
7. Couple to break through destructive cycle's of anger.
8. Anger Management
9. Boundaries
10. Understanding the influence of family systems and how to break out of destructive patterns.
11. Dealing with marital hurts.
12. Healing marital hurts.
13. Emotional Cup; how to empty
14. How to resolve conflicts.
15. Fighting Fair
16. Intimacy ingredients and blockages
17. Financial freedom
18. Comforting and mourning each other loses
19. Forgiveness and bitterness
20. The art of confession and forgiveness
21. Understanding Intimacy needs.
22. Genogram Work
23. Look at my Family Tree
24. Responding in fear vs. faith
25. Marital Games
26. Unpacking family baggage
27. Dynamics of healthy communication
28. Conflict Resolution
29. How to emotionally respond to my mate.



COUNSELING TO INCLUDE:

For your convenience, please book appointments in advance to assure continuity. ____ to ____ sessions will be needed for couples's therapy. I look forward to encouraging you in your marriage.