

Relationship Self-Assessment



1st – Use this Self-Assessment Rubric (below) to determine your confidence in your relationship in all aspects of marriage.

2nd – Whether you feel confident or unsure in your marriage, answer the questions as honest as you can. Enter a score from 1 to 4. 1 = never; 2 = sometime; 3 = often; 4=always

Question	Score #
I understand and appreciate my partner's personality?	
We understand our roles and how we make decisions and manage our household?	
We have a clearly stated and understand our Family Mission Statement?	
We agree on how to raise, empower and discipline our children?	
We are clear on how spirituality will play a role in our marriage	
We are comfortable discussing our wants and needs when it comes to intimacy and sex?	
We have a good balance of activities together and apart?	
We understand and agree on Financial Matters?	
We are good at managing personal stress and conflict?	
We are good at sharing our feelings and listening to each other without interruption?	

3rd – Consider how honestly you responded to the questions. How do your attitude and behavior contribute to your marriage success?

Score 36-40	Congratulations! You are really in-tune with your partner.
Score 24-35	A Coaching Session could help you look at your marriage from a different viewpoint.
Score under 24	You need a coach right now! Take the step for the benefit of your marriage.