

Marriage Assessment Worksheet

Name:	Name:
Sex:	Sex:
Age:	Age:

Instructions:

Please answer the following questions honestly and openly. You may choose to discuss your responses together or individually, but remember that the goal is to foster communication and understanding within your marriage.

Category	Questions	's Response	's Response
Communication	1. On a scale of 1-10, how would you rate the overall quality of communication in your marriage?		
	2. What are some strengths and weaknesses you perceive in your communication style as a couple?		
Conflict Resolution	3. How do you and your partner typically handle disagreements or conflicts?		
	4. What strategies do you use to de-escalate tense situations or arguments?		

Category	Questions	's Response	's Response
Intimacy & Connection	5. On a scale of 1 to 10, how satisfied are you with the level of intimacy and emotional connection in your marriage?		
	6. What activities or behaviors do you believe strengthen your bond as a couple?		
Roles and Responsibilities	7. How do you and your partner divide household chores and responsibilities?		
	8. Are there any areas where you feel there is an imbalance in roles or expectations?		

Category	Questions	's Response	's Response
Financial Management	9. How do you and your partner approach financial decisions and budgeting?		
	10. Are there any financial goals or concerns that you would like to discuss with your partner?		
Family and Social Life	11. How do you and your partner navigate relationships with extended family members and friends?		
	12. Are there any challenges or conflicts related to family or social dynamics that you face as a couple?		

Category	Questions	's Response	's Response
Future and Goals	13. What are some shared goals or aspirations you have for your marriage in the short-term and long-term?		
	14. How do you envision your individual and shared futures evolving over time?		
Overall Satisfaction	15. On a scale of 1 to 10, how satisfied are you with your marriage overall?		
	16. What are some areas where you feel your marriage could improve, and what steps are you willing to take to work on them?		