



This assessment will help you understand of where your relationship currently is related to five commitments. There is an assessment for couples who are currently married and a separate assessment for couples who are engaged.

ASSESSMENT FOR MARRIED COUPLES

This assessment is designed to help you and your spouse gain a better understanding of where you are in your marriage in five categories. The results of this survey will help you and your spouse determine which five commitments to focus on the most. It's important to be authentic and honest in your answers. After answering the questions, tabulate your scores for each section to see how well you are doing in those areas. A good idea is to separately answer and then come together and see how close you are, then decide on a number together.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

SECTION 1: SEEKING GOD

I regularly spend time alone praying and reading the Bible. _____
We regularly spend time praying and reading the Bible together. _____
Seeking God is a priority in my marriage. _____
We regularly attend church together. _____
God is the number one priority in our life. _____

TOTAL SCORE: _____

SECTION 2: FIGHT FAIR

My spouse and I fight fair. _____
My spouse and I effectively manage conflict in our marriage. _____
My spouse and I communicate openly and honestly. _____
My spouse listens when I'm talking. _____
We are careful to guard our anger and our words with each other. _____

TOTAL SCORE: _____

SECTION 3: HAVE FUN

My spouse and I are intentional about taking time to talk with each other. _____
My spouse and I have regularly scheduled date nights. _____
My spouse and I have activities we often enjoy doing together. _____
We are pleased with the frequency and quality of our sexual relationship. _____
My spouse and I enjoy a high level of intimacy with each other. _____

TOTAL SCORE: _____

SECTION 4: STAY PURE

My spouse and I have our own accountability partners. _____
My spouse and I have a high level of trust with each other. _____
We have taken proactive steps to prevent impurities from entering our marriage. _____
We have set boundaries when it comes to how we interact with the opposite sex. _____
My spouse and I feel that purity is not a weakness in our marriage. _____

TOTAL SCORE: _____

SECTION 5: NEVER GIVE UP

My spouse and I have never used the word divorce. _____
My spouse and I support each other during difficult times. _____
When it comes to our marriage, my spouse and I tend to be positive instead of negative. _____
My spouse and I feel our marriage is in a great place. _____
My spouse and I are not selfish with each other in our marriage. _____

TOTAL SCORE: _____

IF YOUR SCORE FOR EACH SECTION IS:

- 25-21: Your relationship is very strong in this area.
- 20-15: Your relationship is doing okay in this area, but some work is needed.
- 14-10: Your relationship is struggling in this area, and you need to take steps to improve.
- 9-5: This is a major problem area for your marriage that requires immediate help.

ASSESSMENT FOR ENGAGED COUPLES

This assessment is designed to help you and your future spouse gain a better understanding of where you currently are in your relationship in five areas. The results of this survey will help you and your future spouse determine which of these five commitments to focus on the most as you are building the foundation for your new marriage. It's important to be authentic and honest in your answers. After answering the questions, tabulate your scores for each section to see how well you are doing in those areas. A good idea is to separately answer and then come together and see how close you are, then decide on a number together.

On a scale of 1 to 5, with 1 being definitely not true and 5 being definitely true, answer each question below.

SECTION 1: SEEKING GOD

I regularly spend time alone praying and reading the Bible. _____
My future spouse and I regularly spend time praying and reading the Bible together. _____
Seeking God is a priority in our relationship. _____
We regularly attend church together. _____
God is the number one priority in our life. _____

TOTAL SCORE: _____

SECTION 2: FIGHT FAIR

My future spouse and I fight fair. _____
My future spouse and I effectively manage conflict in our relationship. _____
My future spouse and I communicate openly and honestly. _____
My future spouse listens when I'm talking. _____
My future spouse and I are careful to guard our anger and our words with each other. _____

TOTAL SCORE: _____

SECTION 3: HAVE FUN

My future spouse and I are intentional about taking time to talk. _____
My future spouse and I have a great time on dates. _____
My future spouse and I have activities we often enjoy doing together. _____
My future spouse and I would rather spend time together than apart. _____
My future spouse and I enjoy trying new activities together. _____

TOTAL SCORE: _____

SECTION 4: STAY PURE

My future spouse and I have our own accountability partners. _____
My future spouse and I have a high level of trust with each other. _____
My future spouse and I have taken proactive steps to prevent impurities from entering into our future marriage. _____
My spouse and I have set boundaries to remain pure until marriage. _____
My future spouse and I have remained pure with each other while dating. _____

TOTAL SCORE: _____

SECTION 5: NEVER GIVE UP

My future spouse and I feel like we have a strong vision for our marriage. _____
My future spouse and I support each other during difficult times. _____
When it comes to our relationship, we tend to be positive instead of negative. _____
My future spouse and I feel our relationship is in a great place. _____
My future spouse and I are not selfish with each other. _____

TOTAL SCORE: _____

IF YOUR SCORE FOR EACH SECTION IS:

- 25-21: Your relationship is very strong in this area.
- 20-15: Your relationship is doing okay in this area, but some work is needed.
- 14-10: Your relationship is struggling in this area, and you need to take steps to improve this commitment.
- 9-5: This is a major problem area for your relationship that requires immediate help.