

When You Are Married Questionnaire

Adopted from the OBGLTC Premarital Counseling Guide

Think about the following areas and decide where you and your partner will need to keep working and where you are now content with the way things are.

1. Enjoying fun and recreational experiences together

Development needed (circle one): much some little none

I circled this answer because:

2. Meeting each other's needs for warmth, gratitude, and affection

Development needed (circle one): much some little none

I circled this answer because:

3. Sharing interests and encouraging creative expression

Development needed (circle one): much some little none

I circled this answer because:

4. Being open with feelings--both positive and negative

Development needed (circle one): much some little none

I circled this answer because:

5. Having and enjoying friends (and relatives) together and/or separately

Development needed (circle one): much some little none

I circled this answer because:

6. Mutual enjoyment of sexual relations

Development needed (circle one): much some little none

I circled this answer because:

7. Sharing spiritual life and discussing the meaning of life together

Development needed (circle one): much some little none

I circled this answer because:

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8. Satisfactory accomplishments of household tasks

Development needed (circle one): much some little none

I circled this answer because:

9. Giving encouragement to each other in daily work, chores, and new ventures

Development needed (circle one): much some little none

I circled this answer because:

10. Observing birthdays and other important rituals

Development needed (circle one): much some little none

I circled this answer because:

11. Help each other decide priorities in activities and spending

Development needed (circle one): much some little none

I circled this answer because:

12. Participating in local, community, and national issues

Development needed (circle one): much some little none

I circled this answer because:

13. Balancing work and home

Development needed (circle one): much some little none

I circled this answer because:

14. Other marriage strengths I would like to develop further:

When you are done, trade this sheet with your partner. Discuss each item, give examples and explanations for your answers. Listen carefully to what your partner has to say. Remember, while they may differ from what you believe, they are your partner's values. When responding, speak for yourself.