

THE WOMAN
BEHIND THE WIFE

A Wife Transformation & Empowerment Self-Assessment

Created by Denise M. Smith

Certified Wife Transformation & Empowerment Coach

Wife Transformation begins with the woman.

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SCRIPTURE ACKNOWLEDGMENT

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www.wiveswhowar.com

THE PURPOSE BEHIND THIS ASSESSMENT

THE WOMAN BEHIND THE WIFE

A Wife Transformation & Empowerment Self-Assessment

The Woman Behind the Wife was created to provide a safe, intentional, Scripture-grounded space for a woman to pause, examine herself honestly, and consider what God may be revealing about her identity, beliefs, patterns, choices, and personal growth.

Through guided teaching, self-assessment, and reflection, she is invited to look beyond the roles she fulfills and reconnect with the woman God created her to be.

The goal is not perfection. It is awareness, accountability, alignment, and a willingness to participate in her ongoing transformation.

Because Wife Transformation is not about changing her husband or measuring her worth by the condition of her marriage.

It is about allowing God to transform the woman who happens to be a wife.

THE PURPOSE IS SELF-EXAMINATION.

THE INTENTION IS TRANSFORMATION.

THE FOCUS IS THE WOMAN.

BEFORE YOU BEGIN

Wife Transformation begins with the woman.

Before you can expect anything to change in your marriage, you must first be willing to let God deal with YOU.

Not your husband. Not your circumstances. Not everybody else.

YOU.

Before we talk about the wife, I want to talk about the woman.

Because somewhere between becoming somebody's wife, raising children, building a career, managing responsibilities, and taking care of everybody else, it's possible to lose sight of who you are.

And here's what I want you to understand: Being a wife is part of who you are, but it is not the entirety of who God created you to be.

So, let's talk about the woman behind the title.

Who are you? What do you believe? What have you accepted, excused, or normalized? What have you learned to live with that God may be calling you to confront? And perhaps most importantly, who is God calling you to become?

This assessment isn't about finding everything wrong with you. It isn't about evaluating your husband, assigning blame, or proving that you have it all together.

It's about being willing to examine yourself honestly before God.

And that requires something from you.

Honesty. Humility. Accountability. And a willingness to be transformed.

I don't want you answering these questions based on the woman you hope to become. I want you to answer based on the woman you are TODAY.

Not the woman everybody sees. Not the woman you've learned to present. Not the woman you think you should be.

The woman you know yourself to be when it's just you and God.

Scripture reminds us:

"Search me, God, and know my heart; test me and know my anxious thoughts." — Psalm 139:23 (NIV)

That's where we're beginning.

HOW TO COMPLETE THIS ASSESSMENT

Read each statement carefully and select the number that most accurately reflects where you are today.

1 — Not true of me right now

2 — Rarely true

3 — Sometimes true

4 — Often true

5 — Consistently true

There are no perfect scores to achieve and no answers you need to give to impress anyone.

This assessment is a tool for reflection, not a diagnosis, a judgment of your spiritual maturity, or a measure of your worth.

Your answers are between you and God.

Give yourself permission to be honest.

A NOTE ABOUT YOUR RESPONSES

For each statement, mark a rating from 1 to 5. For each Heart Check, write in the space provided. If completing digitally, save a copy of your filled-in PDF to preserve your answers.

SECTION 1: IDENTITY

Who Am I?

Scripture Anchor: “I praise you because I am fearfully and wonderfully made.” — Psalm 139:14 (NIV)

BEFORE YOU EXAMINE YOURSELF

Before you became somebody’s wife, you were already somebody.

You had an identity before you had a husband. You had worth before you had a wedding ring. And God had a purpose for your life before you ever said, “I do.”

The question is, do you know who you are apart from the roles you fulfill?

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 1: IDENTITY

Who Am I?

Scripture Anchor: “I praise you because I am fearfully and wonderfully made.” — Psalm 139:14 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

1. I understand who I am as a woman beyond my role as a wife.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. My sense of worth is rooted in my identity in Christ rather than my husband’s approval or the condition of my marriage.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I can recognize when past experiences, rejection, or other people’s expectations influence how I see myself.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I am comfortable acknowledging both my strengths and the areas where I am still growing.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL _____ / 20

Add the four ratings above.

SECTION 1: IDENTITY

HEART CHECK

If someone asked me who I am, and I couldn't mention my husband, children, career, or responsibilities, what would I say?

Sit with that question.

Because what you do and who you are are not the same thing.

SECTION 2: BELIEFS

What Do I Believe?

Scripture Anchor: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2 (NIV)

BEFORE YOU EXAMINE YOURSELF

Every woman brings something into her marriage.

Some of it was taught. Some of it was learned by watching. And some of it came from experiences that shaped what she believes about herself, love, relationships, and marriage.

But just because you were taught something doesn’t mean it was God’s truth.

And just because you’ve believed something for years doesn’t mean it doesn’t need to be examined.

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 2: BELIEFS

What Do I Believe?

Scripture Anchor: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” — Romans 12:2 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

5. I am willing to examine beliefs about marriage that I learned from my upbringing, culture, or past experiences.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I recognize when fear, insecurity, or unspoken expectations influence my decisions.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I make an effort to distinguish what Scripture teaches from what I have personally assumed or been taught.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. When something challenges a long-held belief, I am willing to reconsider it rather than immediately defend it.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL _____ / 20

Add the four ratings above.

SECTION 2: BELIEFS

HEART CHECK

What is one belief I've carried into my marriage that I've never stopped to question?

Where did it come from?

And have I ever taken that belief before God and asked Him whether it aligns with His Word?

SECTION 3: EXAMINATION

What Have I Accepted, Excused, or Normalized?

Scripture Anchor: “Search me, God, and know my heart.” — Psalm 139:23 (NIV)

BEFORE YOU EXAMINE YOURSELF

Here’s something I want you to consider.

Everything you’ve become accustomed to isn’t necessarily healthy.

Sometimes we become so familiar with certain attitudes, reactions, behaviors, or circumstances that we stop questioning them.

We excuse them. We justify them. We learn to work around them.

And eventually, what was once uncomfortable becomes normal.

But familiar doesn’t always mean healthy. And normal doesn’t always mean right.

This is where we have to be willing to let God show us what we may have stopped seeing.

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 3: EXAMINATION

What Have I Accepted, Excused, or Normalized?

Scripture Anchor: “Search me, God, and know my heart.” — Psalm 139:23 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

9. I recognize patterns in my attitudes or behaviors that may be negatively affecting me or my relationships.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. I am willing to acknowledge when I have justified something simply because it has become familiar.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. I can identify unhealthy patterns without automatically blaming myself or someone else.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I am willing to examine the difference between what I have learned to tolerate and what is genuinely healthy.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL _____ / 20

Add the four ratings above.

SECTION 3: EXAMINATION

HEART CHECK

What have I accepted, excused, or normalized for so long that I no longer recognize it as something God may be calling me to confront?

And here's another question:

Am I holding on to it because it's healthy, or simply because it's familiar?

Remember, examining what you've tolerated does not mean you're responsible for someone else's harmful behavior.

Sometimes examination reveals something you need to change. Other times, it reveals something you need to stop accepting.

Both matter.

SECTION 4: ACCOUNTABILITY

What Is God Revealing About Me?

Scripture Anchor: “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?” — Matthew 7:3 (NIV)

BEFORE YOU EXAMINE YOURSELF

Now we’re getting somewhere.

Because it’s one thing to recognize what somebody else needs to change.

It’s another thing entirely to stand before God and ask, “Lord, what about ME?”

What about my attitude? My words? My reactions? My choices? The things I’ve justified because I was hurt, disappointed, frustrated, or simply tired?

Accountability isn’t about beating yourself up.

It’s about telling yourself the truth and being willing to do something with what God reveals.

And let’s be clear: Taking responsibility for yourself does not mean taking responsibility for your husband’s behavior.

You are accountable for your choices. He is accountable for his.

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 4: ACCOUNTABILITY

What Is God Revealing About Me?

Scripture Anchor: “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye?” — Matthew 7:3 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

13. I am willing to acknowledge when my words, attitudes, or actions have caused harm.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

14. I can receive loving correction without automatically responding with defensiveness.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

15. When I recognize something I need to change, I take responsibility for addressing it.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

16. I recognize the difference between taking responsibility for my own choices and trying to control someone else’s.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL

Add the four ratings above.

_____ / 20

SECTION 4: ACCOUNTABILITY

HEART CHECK

What is one area of my life where I already know better, but have not consistently chosen to do better?

What's keeping me from addressing it?

And am I willing to stop making excuses for something God has already brought to my attention?

SECTION 5: ALIGNMENT

Does the Way I Live Reflect What I Believe?

Scripture Anchor: “Do not merely listen to the word, and so deceive yourselves. Do what it says.” — James 1:22 (NIV)

BEFORE YOU EXAMINE YOURSELF

It’s possible to know what the Word says and still struggle to live according to it.

We can talk about patience and still be quick to anger.

We can talk about forgiveness while holding on to bitterness.

We can talk about faith while allowing fear to make our decisions.

And we can say we want transformation while continuing to practice the very things God is calling us to release.

I’m not talking about perfection.

I’m talking about alignment.

Is the woman you’re becoming reflected in the choices you’re making today?

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 5: ALIGNMENT

Does the Way I Live Reflect What I Believe?

Scripture Anchor: “Do not merely listen to the word, and so deceive yourselves. Do what it says.” — James 1:22 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

17. My words and actions generally reflect the values and biblical principles I say are important to me.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

18. I make an intentional effort to respond thoughtfully rather than react impulsively when difficult situations arise.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

19. I can communicate my needs, concerns, and boundaries with both honesty and respect.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

20. My everyday decisions reflect the kind of woman I believe God is calling me to become.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL _____ / 20

Add the four ratings above.

SECTION 5: ALIGNMENT

HEART CHECK

Where is there a gap between what I say I believe and how I actually live?

What would it look like for me to begin closing that gap?

Not with more words.

With different choices.

SECTION 6: BECOMING

Who Is God Calling Me to Become?

Scripture Anchor: “And we all … are being transformed into his image with ever-increasing glory.” — 2 Corinthians 3:18 (NIV)

BEFORE YOU EXAMINE YOURSELF

Now let’s talk about becoming.

Because transformation isn’t a one-time event.

It’s a process.

There will be things God reveals to you in one season that you weren’t ready to recognize in another. There will be attitudes you thought you had overcome that He brings back to your attention. There will be moments when you recognize growth, and others when you realize there’s still work to be done.

That’s part of becoming.

You are not expected to have arrived. But you are called to keep growing.

And becoming requires your participation.

You can’t keep waiting for your husband to change, your circumstances to improve, or somebody else to do something different before you begin responding to what God is asking of you.

You can begin with what belongs to you.

PAUSE & CONSIDER

Sit with what you just read before you rate the statements.

No written response is needed here. Your Heart Check comes next.

SECTION 6: BECOMING

Who Is God Calling Me to Become?

Scripture Anchor: “And we all … are being transformed into his image with ever-increasing glory.” — 2 Corinthians 3:18 (NIV)

ASSESSMENT STATEMENTS

Rate each statement from 1 to 5.

21. I recognize that personal and spiritual transformation is an ongoing process.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

22. I am willing to release familiar patterns or attitudes when I recognize that they are hindering my growth.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

23. I take intentional steps toward growth rather than waiting for my circumstances or other people to change first.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

24. I can acknowledge progress without expecting myself to have everything figured out.

MY RATING ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

MY SECTION TOTAL _____ / 20

Add the four ratings above.

SECTION 6: BECOMING

HEART CHECK

What is God bringing to my attention in this season, and what am I willing to do about it?

Not what am I hoping somebody else will do.

What am I willing to do?

Because becoming isn't simply about recognizing what needs to change.

It's about being willing to participate in the transformation.

UNDERSTANDING YOUR RESPONSES

What Are Your Answers Revealing?

You have answered 24 statements across six areas of your life. Before you move into your personal reflections, take another look at what you selected.

Not to decide whether you are a good wife. Not to measure your spiritual maturity or your worth. I want you to look for patterns.

Look at your 4s and 5s. Where are you recognizing growth, healthier choices, or greater awareness?

Look at your 1s and 2s. Which statements invite you to stop, examine what is happening, or seek support?

And the 3s? Perhaps you recognize what needs attention but are still learning how to respond differently.

BUT HEAR ME: A NUMBER DOES NOT TELL YOUR WHOLE STORY.

You may be growing and still have difficult days. You may recognize an unhealthy pattern and not yet know how to change it. You may need time, healing, wise counsel, or practical support.

As you review your answers, ask yourself: What am I recognizing? What challenged me? Where do my beliefs and my behaviors seem disconnected? What belongs to me to address?

Do not get so focused on the numbers that you miss what God may be bringing to your attention.

Wife Transformation begins with the woman.

MY ASSESSMENT SUMMARY

1. Identity	_____	/ 20
2. Beliefs	_____	/ 20
3. Examination	_____	/ 20
4. Accountability	_____	/ 20
5. Alignment	_____	/ 20
6. Becoming	_____	/ 20
CUMULATIVE TOTAL	_____	/ 120

Totals record your responses; they are not a measure of your worth or spiritual maturity.

MY PERSONAL REFLECTION

Now That I've Examined Myself, What's Next?

You've answered the questions.

You've taken some time to examine who you are, what you believe, what you've normalized, where you need to take responsibility, and who God is calling you to become.

Now I want you to look back at your responses.

Not to criticize yourself. Not to compare yourself to another woman. And certainly not to decide whether you're a good or bad wife.

I want you to pay attention to what your answers may be revealing.

1. WHERE AM I GROWING?

Look at the statements you rated 4 or 5.

Where can you recognize evidence of growth, maturity, or healthier patterns in your life?

Don’t overlook what God has already been doing in you simply because there’s still work to be done.

My reflection:

2. WHAT NEEDS MY ATTENTION?

Now look at the statements you rated 1 or 2.

Which ones are drawing your attention?

Not every low rating means you've failed or done something wrong. Some may point to an area where you need healing, greater understanding, stronger boundaries, or additional support.

Which areas are you willing to explore more deeply?

My reflection:

3. WHAT PATTERNS AM I BEGINNING TO RECOGNIZE?

Sometimes what shows up in one area of our lives is connected to something deeper.

An attitude may be connected to an old wound. A reaction may come from fear. A long-held belief may be influencing decisions you didn't even realize were connected.

What patterns are beginning to emerge as you review your answers?

My reflection:

4. WHAT IS MINE TO CHANGE?

Now we're going to get specific.

What attitude, behavior, decision, or habit is within your responsibility to address?

Remember, we're not talking about fixing your husband or controlling the outcome of your marriage.

We're talking about what belongs to YOU.

What is one thing you can begin doing differently?

My reflection:

5. WHAT IS NOT MINE TO CARRY?

This question is just as important as the one before it.

Have you been carrying responsibility for somebody else's decisions, emotions, behavior, or willingness to change?

Have you confused being supportive with being responsible?

Have you made yourself accountable for an outcome that was never yours to control?

You can love someone without taking ownership of what belongs to them.

What do you need to release?

My reflection:

6. WHERE WILL I BEGIN?

I don't want you leaving this assessment with a list of twenty things you're going to try to change overnight.

That's not the assignment.

I want you to choose ONE area where you believe God is calling you to begin.

One area where you can move from recognition to intentional action.

Complete the following:

My growth priority:

Why this matters to me:

One action I will begin practicing:

When I will begin:

How I will recognize progress:

When I will revisit this reflection:

CONTINUING MY GROWTH PLAN

You have identified where you will begin. Now consider the truth and support that can help you take that step.

SCRIPTURE I WILL STAND ON

What truth from God's Word will guide me as I practice this change?

SUPPORT AND ACCOUNTABILITY

Who can encourage me, pray with me, or support me as I grow?

REMEMBER

Remember, progress doesn't always mean getting everything right.

Sometimes progress looks like recognizing a pattern sooner, responding differently, acknowledging when you're wrong, speaking up when you would have remained silent, or choosing not to return to something God has been calling you out of.

Don't despise the progress simply because the process isn't finished.

YOUR NEXT STEP

YOU HAVE RECOGNIZED SOMETHING. NOW WHAT?

You have examined six areas of your life, reflected on your responses, and identified where you may want to grow. That matters. But recognizing something and knowing how to address it are not the same thing.

Your growth plan is your starting intention—not a demand to change everything at once. You can begin with one meaningful step, at a pace that allows you to engage honestly with what you have discovered.

BEFORE YOU MOVE FORWARD

01

REVIEW

Look back at the response or Heart Check that stands out most. Your lowest section total does not automatically determine your priority.

02

CHOOSE

Identify ONE belief, behavior, response, or pattern you want to understand or address. Use the growth plan you have already begun.

03

BEGIN

Take one realistic action within your responsibility. You do not have to wait for another resource to begin practicing what you have recognized.

04

CONTINUE

In The Woman Behind the Wife: From Discovery to Direction course, revisit what you have discovered, strengthen your understanding, and establish a plan for growth.

You do not have to rush. The goal is not to finish quickly. It is to respond intentionally.

A FINAL HEART CHECK

Before you put this assessment down, I want you to sit with one final question.

Am I truly willing to allow God to deal with ME?

Not my husband. Not my circumstances. Not everybody else.

ME.

Am I willing to confront what I've accepted, stop excusing what I can no longer justify, and surrender what God is calling me to release?

Because here's what I want you to understand.

Wife Transformation isn't about becoming the perfect wife.

And it certainly isn't about taking responsibility for someone else's choices, tolerating mistreatment, or remaining in an unsafe situation.

Personal transformation may include learning to establish boundaries, recognizing when something is unhealthy, seeking wise counsel, or taking steps to protect yourself.

It's about allowing God to transform the woman who happens to be a wife.

Some of what you've uncovered may be uncomfortable.

Some of it may confirm what God has already been showing you.

And some of it may require more time, prayer, healing, and support.

That's okay.

You don't have to address everything today.

But you can begin with what God has brought to your attention.

And I want you to remember something else.

Becoming isn't a destination you reach because you've completed an assessment, attended a workshop, read a book, or even made significant changes in your life.

As long as we're here, God is still working on us.

We're still learning. Still growing. Still surrendering. Still being transformed into His likeness.

And that work continues throughout our lives.

So, don't mistake this assessment for the finish line.

Consider it an invitation to begin—or begin again.

Wife Transformation begins with the woman.

And the woman is still becoming.

READY TO TAKE YOUR NEXT STEP?

You have taken time to examine yourself. You have recognized some things that deserve your attention.

Recognition is a beginning. When you are ready, your next learning experience will help you move from what you have identified to understanding what you have discovered—and finding direction for what comes next.

NEXT LEARNING EXPERIENCE

THE WOMAN BEHIND THE WIFE FROM DISCOVERY TO DIRECTION

Six guided lessons, personal reflections, and a Personal Direction Plan.

You do not have to rush or have all the answers.

You simply have to be willing to take the next step.