

COUPLE'S SURVEY

WORKSHEET



Instructions: Rate yourself and your spouse (or fiancée) on a scale of 1-10 for each item (10 is the highest score).

YOU

CHARACTER

Teachable and eager to learn

1 2 3 4 5 6 7 8 9 10

Willing to emphasize the positive in every situation

1 2 3 4 5 6 7 8 9 10

Free from life-controlling habits or issues

1 2 3 4 5 6 7 8 9 10

Care about other people and their growth

1 2 3 4 5 6 7 8 9 10

LOVE

Personal commitment to your marriage

1 2 3 4 5 6 7 8 9 10

Ability to put your spouse above yourself

1 2 3 4 5 6 7 8 9 10

How strong your parents' marriage was

1 2 3 4 5 6 7 8 9 10

TRUST

Ability to trust others

1 2 3 4 5 6 7 8 9 10

Trustworthiness (how much trust you've earned)

1 2 3 4 5 6 7 8 9 10

Willingness to forgive

1 2 3 4 5 6 7 8 9 10

COMMUNICATION

How well you express your thoughts/feelings

1 2 3 4 5 6 7 8 9 10

How eager you are to engage in conflict

1 2 3 4 5 6 7 8 9 10

How quick you are to get angry or invalidate

1 2 3 4 5 6 7 8 9 10

YOUR SPOUSE

CHARACTER

Teachable and eager to learn

1 2 3 4 5 6 7 8 9 10

Willing to emphasize the positive in every situation

1 2 3 4 5 6 7 8 9 10

Free from life-controlling habits or issues

1 2 3 4 5 6 7 8 9 10

Care about other people and their growth

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LOVE

Personal commitment to your marriage

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