

## Couple Concerns Pre-Assessment

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Look at each of the potential issues listed below and rate whether or not each one is an issue in any way for you or your partner in your relationship. You are not rating your partner. You are rating if any of these areas are causing a problem for either of you in the relationship. There are empty spots at the end. If you have concerns that are not listed you may add them to this list.

1 = No problem      2 = Mild Problem      3 = Moderate Problem      4 = Significant Problem

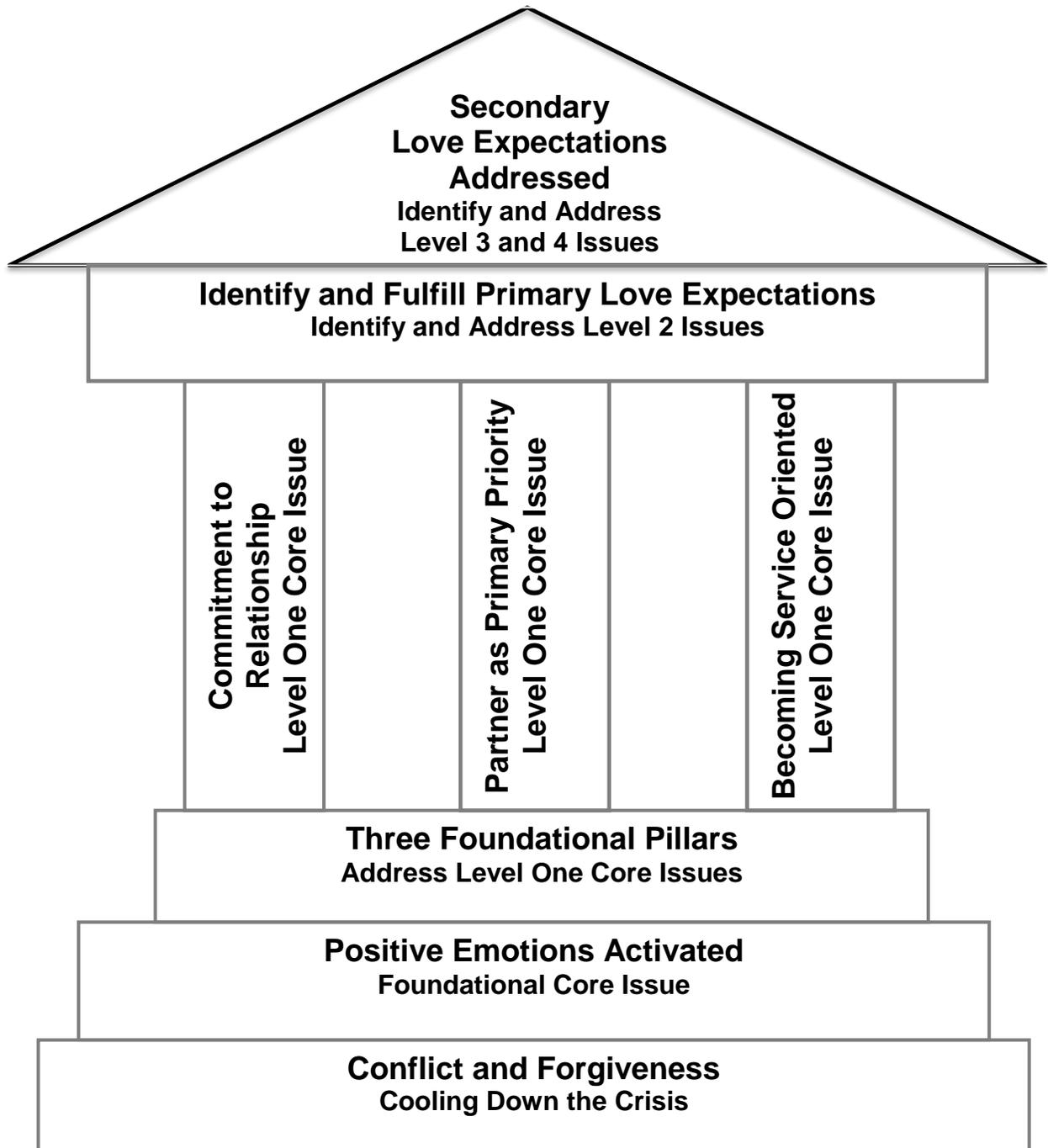
	Relationship Concerns	Area Defined	Rating
1	Change, a willingness to change self	There must be a willingness to change as life occurs in a relationship, This is not changing your personality. It is looking within, or by listening to others, so that you can identify ways that you can become a better person, how you can become a better partner.	1 2 3 4
2	Anger, Past Hurts and Irritants	Anger can cause significant difficulties in a relationship, as can past hurts and everyday irritants. It is essential that each person learn how to address these issues in his/her life and learn to be supportive of his/her partner as these issues are addressed.	1 2 3 4
3	Conflict Resolution or Management	Problems and problem solving are just a normal part of life. We come to a resolution or compromise with our disagreements.	1 2 3 4
4	Forgiveness and Reconciliation	Forgiving others is important if you are to heal or at least improve a relationship. It is also important that you learn how to get forgiveness when you have offended someone. Learning to make recompense for reconciliation is important.	1 2 3 4
5	Emotional Connection	Being emotionally connected calls for each person to identify what triggers positive emotional feelings in his/her partner and then do all you can to make sure those things happen often. Any positive emotional experience will cause you to feel closer to your partner.	1 2 3 4
6	Commitment to Partner	Each person in the relationship has resolved to make the relationship work and is willing to make some sacrifices and take the steps needed to keep their relationship moving forward even when times are rough.	1 2 3 4
7	Priorities, Partner	If you are to have a healthy relationship you must put your partner before children, personal time, work, friends, etc. Some people acknowledge that the only thing that should be above their partner is GOD.	1 2 3 4
8	Service Love	Serving your partner is really about developing an awareness of your partner's needs (how they are being overwhelmed at that given moment), and making a decision without being asked to simply help out. The underlying purpose of serving your partner is to show your love by making his/her life easier at that specific moment in time.	1 2 3 4
9	Admiration	You show admiration to someone who has positive characteristics worthy of adoration, love or respect. Admiration is a great motivator. When it is expressed it often is seen as a reward for well-doing or well-being.	1 2 3 4

10	Affection, Non-Sexual	Touching, hugs, holding hands, stroking hair, etc. are expressions of affection. Any non-sexual bonding experience that both enjoy, or that you can do to make your spouse feel loved and special.	1 2 3 4
11	Appreciation	You can show appreciation for your partner as you see them use their abilities for good or when they have done something for you or others. This can be done by patting them on the back, a gentle touch, a verbal thank you (be specific what it's for).	1 2 3 4
12	Attractive Partner	Most people like to spend time with people who are attractive and who do their best to look good. Looks aren't everything, but they are important for many people. How you look is often a reflection of your self-image. Men, being more visual, often need to have partners who take good care of themselves.	1 2 3 4
13	Commitment to Family	Both partners want the other to be a good mother, father and spouse. Putting the family first is often hard but essential if a family is to be healthy.	1 2 3 4
14	Communication, Verbal	As human beings we all need communication. In most cases women need conversation in a relationship more than men do. It is very important that you take time to talk to each other on a daily basis.	1 2 3 4
15	Domestic Support	Either one or both people in a relationship may have a need to be helped regarding routine household duties. It should be an equal sharing of duties outside and inside when both work.	1 2 3 4
16	Emotional Security	Knowing that your spouse will protect you from emotional harm. This also means that your partner will seek not to emotionally abuse you but rather lift you up as an important person in his/her life.	1 2 3 4
17	Finances	You have an agreement about how to spend money, how to pay the bills, how to save and how much each of you have for personal spending.	1 2 3 4
18	Focused Attention	Focused attention simply means that when you are with your partner you focus on him/her. You listen, laugh, empathize, and generally make sure that (s)he knows that at that moment in time (s)he is the most important thing in the world to you	1 2 3 4
19	Fun and Common Interests (having a recreational partner and friendships for socialization)	Having fun with someone you like being with is very bonding emotionally. It's important that you spend time having fun together. When you share common interests that both of you love doing it becomes even more positive and bonding for you in your relationship. This also includes the need for friendships to stimulate the relationship.	1 2 3 4
20	Goals, Marital	Together you have set goals for your marriage and you have worked toward those goals as a team.	1 2 3 4
21	Honesty	Honesty is the act of saying the truth whenever you are asked for it. Honesty never hides, it is an open book. However, honesty should also be gentle and kind.	1 2 3 4
22	Listening	Listening occurs when you, 1) listen for meaning or what your partner is trying to communicate, and 2) when you try to understand and see where your spouse is coming from, what they are thinking, and why they feel the way they do.	1 2 3 4
23	Openness	Openness occurs as you share what is going on inside of you as well as what has happened to you or around you on a day-by-day basis. Nothing should be hidden or kept from your partner. However, just as with honesty it should be shared in a gentle and kind way.	1 2 3 4

24	Personal Space	Everyone needs time alone! Time for relaxation, reading or simply enjoying a bath are essential if a person is going to feel good about self and have healthy relationships.	1 2 3 4
25	Physical Security	Knowledge that your spouse will take care of you, protect you and provide for your basic needs.	1 2 3 4
26	Priorities, Family	Establishing general priorities for marriage, family and self, are important. All of these priorities should be discussed with your partner so that you can mutually identify how these priorities can be worked and whether or not they are realistic.	1 2 3 4
27	Respect	To treat people in the manner in which you expect to be treated. To show consideration for another person. Acknowledgement, appreciation, recognition and consideration of another person's beliefs, knowledge, advice, etc. Verbal and non-verbal communication demonstrating that you value the other person.	1 2 3 4
28	Roles and Expectations	You have established roles in your relationship along with specific expectations for each person's responsibilities.	1 2 3 4
29	Romance	Romance usually implies some sort of expression of your strong romantic love for your partner. This includes a deep desire to connect with him/her intimately and is followed up by an effort to find creative ways in which you can express how much you appreciate and value your partner. Cards, flowers, going out to dinner, verbally sharing your love, etc. are all examples of being romantic.	1 2 3 4
30	Sexuality and Sexual Affection	Touching, hugs, caressing, etc. that are intended to be sexual teasers or foreplay techniques. This type of affection is used to help get your partner interested or ready for sexual activity that might lead to sexual intercourse, or other preferred methods of stimulation.	1 2 3 4
31	Spiritual Unity	Having a shared spiritual life is important to many couples. When so, each person in the relationship has certain spiritual expectations for the other. Defining what that is becomes important in the relationship.	1 2 3 4
32	Trust	Knowing that the other person will take care not to expose your weaknesses in a critical way. Once weaknesses are known, it is important that your partner not use them to hurt you in any way. This includes being open, honest, holding no secrets between each other. Emotional and physical affairs are the greatest breaches of trust.	1 2 3 4
33			1 2 3 4
34			1 2 3 4
35			1 2 3 4

# Marriage Go Round

## Chart & Overview



# MARRIAGE GO ROUND ASSESSMENT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

People are unique and as a result personal areas of concern vary from individual to individual. Below are listed some of the basic areas of concern that are most often suggested by individuals and couples when in therapy. Keep in mind that every person does not think that all of these areas of concern are important. Everyone is different and wants different things in order to feel loved. As a result, it is important that you very specifically define what areas are important to you so that your partner can learn how to better love you.

Top Six	Love Expectations	Area Defined	
	Change, partner is willing to change self	There must be a willingness to change as life occurs in a relationship. This is not changing your personality. It is looking within, or by listening to others, that you can identify ways that you can become a better person, how you can become a better partner.	
	Anger, Past Hurts and Irritants are addressed in a healthy way	Anger can cause significant difficulties in a relationship, as can past hurts and everyday irritants. It is essential that each person learn how to address these issues in his/her life and learn to be supportive of his/her partner as these issues are addressed.	
	Conflict Resolution or Management handled well	Problems and problem solving are just a normal part of life. We come to a resolution or compromise with our disagreements.	
	Forgiveness and Reconciliation occurs as needed	Forgiving others is important if you are to heal or at least improve a relationship. It is also important that you learn how to get forgiveness when you have offended someone. Learning to make recompense for reconciliation is important.	
	Emotionally Connected in relationship	Being emotionally connected calls for each person to identify what triggers positive emotional feelings in his/her partner and then do all you can to make sure those things happen often. Any positive emotional experience will cause you to feel closer to your partner.	
	Committed to Your Partner	Each person in the relationship has resolved to make the relationship work and is willing to make some sacrifices and take the steps needed to keep their relationship moving forward even when times are rough.	
	Priorities, Partner is primary or first priority	If you are to have a healthy relationship you must put your partner before children, personal time, work, friends, etc. Some people acknowledge that the only thing that should be above their partner is GOD.	

<b>Top Six</b>	<b>Love Expectations</b>	<b>Area Defined</b>	
	Service Love, Partner goes out of the way to serve you as needed	Serving your partner is really about developing an awareness of your partner's needs (how they are being overwhelmed at that given moment), and making a decision without being asked to simply help out. The underlying purpose of serving your partner is to show your love by making his/her life easier at that specific moment in time.	
	Admiration	You show admiration to someone who has positive characteristics worthy of adoration, love or respect. Admiration is a great motivator. When it is expressed it often is seen as a reward for well-doing or well-being.	
	Affection, Non-Sexual	Touching, hugs, holding hands, stroking hair, etc. are expressions of affection. Any non-sexual bonding experience that both enjoy, or that you can do to make your spouse feel loved and special.	
	Appreciation	You can show appreciation for your partner as you see them use their abilities for good or when they have done something for you or others. This can be done by patting them on the back, a gentle touch, a verbal thank you (be specific what it's for).	
	Attractive Partner	Most people like to spend time with people who are attractive and who do their best to look good. Looks aren't everything, but they are important for many people. How you look is often a reflection of your self-image. Men, being more visual, often need to have partners who take good care of themselves.	
	Commitment to Family	Both partners want the other to be a good mother, father and spouse. Putting the family first is often hard, but essential if a family is to be healthy.	
	Communication, Verbal	As human beings we all need communication. In most cases women need conversation in a relationship more than men do. It is very important that you take time to talk to each other on a daily basis.	
	Domestic Support	Either one or both people in a relationship may have a need to be helped regarding routine household duties. It should be an equal sharing of duties outside and inside when both work.	
	Emotional Security	Knowing that your spouse will protect you from emotional harm. This also means that your partner will seek not to emotionally abuse you, but rather lift you up as an important person in his/her life.	
	Finances	You have an agreement about how to spend money, how to pay the bills, how to save and how much each of you have for personal spending.	

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	Fun and Common Interests (having a recreational partner and friendships for socialization)	Having fun with someone you like being with is very bonding emotionally. It's important that you spend time having fun together. When you share common interests that both of you love doing it becomes even more positive and bonding for you in your relationship. This also includes the need for friendships to stimulate the relationship.	
	Goals, Marital	Together you have set goals for your marriage and you have worked toward those goals as a team.	
	Honesty	Honesty is the act of saying the truth whenever you are asked for it. Honesty never hides, it is an open book. However, honesty should also be gentle and kind.	
	Listening	Listening occurs when you, 1) listen for meaning or what your partner is trying to communicate, and 2) when you try to understand and see where your spouse is coming from, what they are thinking, and why they feel the way they do.	
	Openness	Openness occurs as you share what is going on inside of you as well as what has happened to you or around you on a day-by-day basis. Nothing should be hidden or kept from your partner. However, just as with honesty it should be shared in a gentle and kind way.	
	Personal Space	Everyone needs time alone! Time for relaxation, reading or simply enjoying a bath are essential if a person is going to feel good about self and have healthy relationships.	
	Physical Security	Knowledge that your spouse will take care of you, protect you and provide for your basic needs.	
	Priorities, Family	Establishing general priorities for marriage, family and self, are important. All of these priorities should be discussed with your partner so that you can mutually identify how these priorities can be worked and whether or not they are realistic.	
	Respect	To treat people in the manner in which you expect to be treated. To show consideration for another person. Acknowledgement, appreciation, recognition and consideration of another person's beliefs, knowledge, advice, etc. Verbal and non-verbal communication demonstrating that you value the other person.	
	Roles and Expectations	You have established roles in your relationship along with specific expectations for what each person's responsibilities.	

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	Spiritual Unity	Having a shared spiritual life is important to many couples. When so, each person in the relationship has certain spiritual expectations for the other. Defining what that is becomes important in the relationship.	
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