

## Marriage Satisfaction

God instituted 5 laws of marriage in Genesis 2:24:

1. Make each other the most important.
2. Do the most work in this relationship.
3. Treat each other equally.
4. Consider each other as co-owners.
5. Have no secrets between the two of you.

Jesus confirmed these principles in Matthew 19:1-7.

To help you fulfill God's mandates for marriage, inventory your relationship once a month on a date. Ask each other the following questions and rate your relational satisfaction, 10 best and 0 worst. Husbands use x's and wives use o's. Commit to working on each area by asking, "What can I do to increase your relational satisfaction with me one point?" Consider the answers as your homework for the month. Write your homework items on the lines under each number. Pray about each item together and note what God says. If your relational satisfaction is below 75, contact your pastor or a prayer counselor for help in improving your scores.

### 1. How loved/respected do you feel in the relationship?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 2. How well do we spend our time together?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 3. How much do you trust me?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 4. How well do you feel understood?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 5. How happy are you with your role?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 6. How good am I at domestic support?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

### 7. How well do we handle conflicts?

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

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**8. How well do we agree on parenting?**

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His \_\_\_\_\_

Hers \_\_\_\_\_

**9. How well do we manage money?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**10. How well do I treat your family (in-laws)?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**11. How well do I help you connect with God?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**12. How well do I value our friends?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**13. How supported do you feel in a crisis?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**14. How do you feel about our affectionate romantic interaction?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**15. How happy are you with our sex life?**

0 1 2 3 4 5 6 7 8 9 10

His \_\_\_\_\_

Hers \_\_\_\_\_

**Total**

Him \_\_\_\_\_/150 Her \_\_\_\_\_/150

Date \_\_\_\_\_

Where we dated: \_\_\_\_\_

Highlight of this date \_\_\_\_\_

Next Date? \_\_\_\_\_

Where? \_\_\_\_\_

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