

Marriage Test

This test measures your relationship, not you or your partner as individuals. All questions follow the sentence stem "One or both of you..."

Answer Key: True (2) Maybe or sometimes true (1) Not true (0)

One or both of you...

1. ____ spends an excessive amount of time with a hobby or leisurely interest?
2. ____ tends to be controlling of the other, e.g. where you go, who you talk to, how you dress, etc.?
3. ____ have problems with honesty or has broken trust in the relationship?
4. ____ abuses alcohol or may be an alcoholic?
5. ____ tends to have a fear of abandonment or rejection?
6. ____ tends to have an anger problem?
7. ____ tends to be excessively critical?
8. ____ tends to use name-calling and or profanity when there are disagreements.
9. ____ withdraws or becomes passive-aggressive when conflicts arise in the relationship?
10. ____ lacks the willingness to listen and try to understand the other's point of view?
11. ____ has stopped being physically affectionate?
12. ____ makes the other feel inferior or less important?
13. ____ tends not to follow-through on promises?
14. ____ tends to want to be enmeshed, looking for an excessive amount of attention and attachment?
15. ____ believes it is okay to maintain a platonic relationship with people of the opposite sex?
16. ____ lacks willingness to set boundaries with parents and or extended family members.
17. ____ discloses to the children his or her complaints about the other parent?
18. ____ seems to be competing with the other, e.g., who's a better parent, who's smarter, etc.?
19. ____ is unhappy with the way the other wants to handle money and finances?
20. ____ feels alone or uncared about?
21. ____ feels emotionally and or physically abused by the other?
22. ____ lost interest in creating quality time together?
23. ____ fails to give attention to the emotional needs of the other, e.g. validating, praising, expressing thankfulness?
24. ____ avoids talking about problems when there are problems?
25. ____ lacks interest in working together to resolve sexual problems?

Add up your total score _____

A score of 3 or less indicates a healthy relationship. A score of 4 or higher indicates the development of an unconscious relationship between the two of you. Therefore, professional help is advised.