

## 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.