



Download Our
FREE
MARRIAGE
ASSESSMENT



REFINEUS.ORG

RefineUs Marriage Assessment

Take an inventory of your marriage. Complete this exercise separately with your spouse and then compare your answers. The test is not to judge your marriage but see where you & your spouse need to improve in your marriage.

1

We communicate well with each other

1 2 3 4 5

2

We share our finances and have a budget

1 2 3 4 5

3

We have a date night at least once a month

1 2 3 4 5

4

We are openly affectionate

1 2 3 4 5

5

We laugh at and with each other

1 2 3 4 5

6

We pray together at least once a week.

1 2 3 4 5

7

We use non-sensual touch (hold hands, etc)

1 2 3 4 5

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8

We share sexual intimacy often

1 2 3 4 5

9

We help each other with chores/work

1 2 3 4 5

10

We spend time separately with friends

1 2 3 4 5

11

We sleep in the same bed every night

1 2 3 4 5

12

We call/text each other daily for no reason

1 2 3 4 5

Total Score: _____ Average Score (Divide by 12) _____
What matched the best? _____ What needs the most work? _____

1-2 Need some marriage help soon.

2-3 Somewhat Average to Ordinary

3-4 Getting Good

4-5 Beyond Ordinary to Awesome