Marriage Test

Is your marriage in the danger zone? How would you know? This article provides a marriage test to help you evaluate your marriage and see if you might need to obtain information or counsel about improving your marriage.

A few years ago I addressed the issue in an article titled, "Why Marriages Fail." The material came from PREP, which stands for the "Prevention and Relationship Enhancement Program" developed at the University of Denver. The material was originally published in a book entitled *Fighting for Your Marriage*, and has been featured on numerous TV newsmagazine programs like *20/20.* There is also a Christian version of this material found in a book written by Scott Stanley entitled *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*.

Marriage Test

I want to extend that discussion by providing a test you can apply to your marriage. It is loosely based on a questionnaire developed by Howard Markman at the Center for Marital and Family Studies. There are fifteen questions you answer by giving your marriage points. At the end you total the points to see how your marriage is doing. If your total is positive, you are doing well. If it is negative, then you may need to do some work and perhaps seek counseling.

The first three questions have to do with your background. Many of us come into a marriage without considering our previous family and marital backgrounds. The truth is that we are not blank slates when we get married. Our background does have an influence on our marriage.

The first question is about cohabitation. Living together before marriage could signal a lack of commitment. In fact,

numerous studies show that living together can have a detrimental effect on a marriage. Often poor communication patterns are developed in such a living arrangement that carry over into marriage. Here's how you score the first question. If you moved in before the wedding give your marriage a 1. If you waited until after marriage, give your marriage a +1.

The second question involves your parents' marriage. Poor communication and conflict-management skills can be inherited from parents. If your parents had a poor marriage, give your marriage a 1. If they had a strong marriage, give your marriage a +1.

The third question involves a previous marriage that ended in divorce. It turns out that one of the best predictors for divorce is a previous divorce. Divorcing once could mean a willingness to divorce again. If you had a previous marriage, give your marriage a 1. If this is your first marriage, give it a +1.

Religion and Finances

The fourth question involves religion which can be the source of strength or strain in a marriage. Religion provides support for marriage and usually discourages divorce. But practicing separate ones can add strain. If you don't practice religion, give yourself a 2. If you practice different religions, give yourself a 1. If you both attend church regularly, give yourselves a +2.

Question five concerns finances. Money is the number one cause of fights in a marriage. Frequently these differences can lead to marital disharmony or disruption. If you and your spouse fight about money, give your marriage a 1. If you generally agree about spending, give your marriage a +1.

The sixth question also involves finances. In particular it deals with income. Some men aren't comfortable when the wife

is the family breadwinner. If the wife earns more in your marriage, give yourself a 1. If the husband earns more, give yourself a +1.

The seventh question is about your current age. Simply put, older couples are less likely to divorce. If your current age is under 30, give yourself a 1. If you are over 40, then give yourself a +1. If you are over 60, give yourself a +2.

The eighth question is about the length of your marriage. The longer you are married, the less likely you are to split. If you are married less than five years, give yourself a 1. If you have been married five to ten years, give yourself a +1. If have been married more than ten years, give yourself a +2.

Well, that’s the first eight questions. As you can see these questions focus on all sorts of issues that engaged couples rarely consider, but can be significant indicators of marital success. Keep track of your score and see how your marriage is doing. Although this is not an exhaustive questionnaire, the answers to these questions give you a quick look at how your marriage is doing.

Support and Family

The ninth question concerns support for your marriage. A lack of support from family or friends for your marriage creates tension and can cause a couple to question their relationship. Was your family supportive of this marriage? Did your friends support your choice in a marriage partner or were they concerned about your choice? If family and friends disapproved, give your marriage a 1. If family and friends approved, give your marriage a +1.

The tenth question revolves around changes in the family. Family additions or changes can impact a marriage. Having a baby, adjusting to an empty nest, or moving Grandma in adds stress. If you have had a recent family change, give your

marriage 1. If there have been no big changes, then give your marriage a +1.

The eleventh question deals with conflicting attitudes. Opposing views on key issues in a marriage can cause division. Differences about commitment, beliefs, or expectations are just a few issues that can affect a marriage. If you mostly disagree with each other, give yourself a 2. If you are split about half-and-half, give yourself a 0. If you mostly agree, give yourself a +2.

The twelfth question concerns confidence. Feeling assured that relationships will survive anything can help couples through. If you are doubtful the marriage will last, give your marriage a 2. If you are pretty confident, give your marriage a 0. If you think your marriage will never fail, give yourself a +2.

Marital Communication

The thirteenth question involves marital communication. It’s best if a couple can talk openly about problems without fighting or withdrawing. If you always fight rather than talk about problems, then give yourself a 2. If you sometimes fight, give yourself a 0. If you mostly talk rather than fight, give yourself a +2.

The fourteenth question deals with happiness. Feeling fulfilled in marriage is critical. If you are unhappy in the relationship, give yourself a 3. If you are not consistently happy, give yourself a 0. If you are happy in a relationship, give yourself a +3.

The fifteenth question deals with sex. Being unsatisfied with frequency or quality can create tension in a marriage. If you are unsatisfied with your sex life, give your marriage a 1. If you are satisfied, give yourself a +1.

Well, that’s the test. If you have kept track of your answers to these questions, you should have a score. If your score is

positive, especially if it is +5 or higher then your marriage is doing well. If your score is negative, then you may want to work on your marriage. That might mean reading a book on marriage, attending a marriage conference, or seek out counseling. That might be helpful even if you had a positive score, but it would be essential if you did not have a positive score.

As I mentioned previously in the article on "Why Marriages Fail," you should not be discouraged by a negative score. The research does show which marriages might have trouble, but that does not suggest that there is nothing we can do about it. As the book of James reminds us, it is not enough to just believe something, we must act upon it (James 1:25, 2:15-18, 3:13). So let's talk about what we can do.

Steps to Change

We have been talking about marriage and helped you to evaluate your marriage by taking a marriage test. The first few questions dealt with our marital background. Specifically the questions focused on cohabitation, your parents' marriage, and previous divorce. We do not come into a marriage as a blank slate. Our previous experiences do influence the way we interact with our spouse. Obviously, we can change our behavior but we have to make a concerted effort to do so or else we will fall back into patterns that may adversely affect our marriage.

Many of our other questions dealt with the current status of your marriage. This included such issues as religious background, finances, age, the length of your marriage, support for your marriage, changes in your family, conflicting attitudes, confidence, marital communication, happiness, and sexual satisfaction. Again, many of these factors can be changed with a desire and plan to do so. But if we do not change our behavior then we will fall back into patterns that could be detrimental to our marriage.

I hope you will take the time to act on the results of this test. Most of us go through life and go through our marriages on auto- pilot. We set the controls and then fall back into a pattern that is the result of our background and current circumstances. Perhaps this marriage test will encourage you to work on your marriage. Perhaps this test will show your spouse that there are some issues you need to address.

The sad social statistics about divorce show that many marriages fall apart for lack of adequate attention. Every year a million couples end up in divorce court. Yet if you asked them if that would be how their marriage would end, very few would have predicted it on their wedding day.

Most people get married because they want their marriage to work. Unfortunately, many of those marriages fail. Some fail because of poor marital communication. If you identify that as a problem, then I encourage you to read my article on "Why Marriages Fail." If you want to identify other potential problems, I encourage you to take this test with your spouse and then talk about the results. I pray that you will use this test to alert you and your spouse to any danger signs and then begin to change your habits and actions so that your marriage will be successful.

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