

# Marriage Troubles Assessment Tool

*by Michael and Wanda*

## Having Marriage Problems?

Find out if you need counseling...

Dear Friend,

Let me assure you that every marriage experiences marriage problems; it's normal. The question is: when does normal turn into abnormal? And how do you know when it's time to get help?

Because each relationship is different, those questions aren't always easy to answer. For that reason, there is a tool that we hope will be useful in providing you with those answers. It's called the *Marriage Troubles Assessment Tool (MTAT)*.

Feel free to use the MTAT to find out where your marriage stands. Once you identify where the problems are, then you can determine what if anything needs to be done.

The MTAT was not created in a science lab, so it's not perfect; however, coupled with your discernment, it is a great guide.

Grace and Peace.

Please read the instructions before you take the assessment

### Here's How it Works:

**Step #1** Each answer has been assigned a point value ranging from 1-3; you must answer all questions.

**Step #2** Review your answers and add up your points.

1. Either I or my spouse wonders if we married the wrong person.

- Almost never (1)
- Once in a while (2)
- Frequently (3)

2. My spouse expresses displeasure with our marriage.

- Almost never (1)
- Once in a while (2)
- Frequently (3)

3. I think about getting a divorce or having an affair.
  - Almost never (1)
  - Once in a while (2)
  - Frequently (3)
4. One or both of us lies or hides things from the other.
  - Almost never (1)
  - Once in a while (2)
  - Frequently (3)
5. When we argue, one or both of us says disrespecting, hurtful, or degrading things to the other.
  - Almost never (1)
  - Once in a while (2)
  - Frequently (3)
6. It's difficult for me to tell my spouse how I really feel.
  - Almost never (1)
  - Once in a while (2)
  - Frequently (3)
7. One or both of us is finding it difficult to forgive the past.
  - True (3)
  - False (1)
8. We spend more time apart than together.
  - True (3)
  - False (1)
9. We argue on a regular basis.
  - True (3)
  - False (1)
10. One of us recently had an extra-marital affair (i.e. sexual or emotional).
  - True (3)
  - False (1)
11. Christ is truly the center of both of our lives and our marriage.
  - True (1)
  - False (3)