

BECOMING THE BEST SPOUSE YOU CAN BE

The following quiz will help you discern how you are doing as a marriage partner.

Rating scale: *Never = 4 Seldom = 3 Sometimes = 2 Frequently = 1 Always = 0.*

Write the number that you judge to be true of your marriage on the blank following each question.

1. When a disagreement or problem arises, I focus on what is happening and what I should do to correct it instead of trying to understand why my mate does what he/she does.
2. When a problem arises, I am ready to admit that I may be part of the problem. I focus on what I am doing wrong rather than on what the other person is doing wrong.
3. I realize that I cannot change the other person. He/she must want to change, or all my efforts will compound the problem rather than solve the problem.
4. I realize that love is not primarily a feeling, but actions calculated to serve, please and help the other person in a God-honoring way.
5. I realize that love is not primarily a feeling, but actions calculated to serve, please and help the other person in a God-honoring way.
6. I focus on changing my own behavior, attitudes, reactions and responses toward the other person. I plan specific, attainable, repeatable, positive changes that I can make.
7. I am constantly working to develop and maintain a good communication system. I know that relationships are hindered when there is no communication or the wrong kind of communication.
8. I am working to develop and maintain many commonalities, common projects, common interests, recreational activities. I date my mate regularly. I do a variety of things with him/her. I am creative in my expression of love and appreciation.
9. I recognize and allow for differences between people in general and my mate and me in particular. I know that men and women tend to view things differently.
10. I regularly practice the Golden Rule as stated in Matthew 7:12. I treat my mate as I would want him/her to treat me.
11. I major on the positive things in my mate and our relationship rather than the negative. I emphasize our commonalities rather than our differences (Philippians 4:8).

12. I practice the principle laid out in Luke 6:34, 35. I give and serve expecting nothing in return.

13. I keep current. I deal with one problem at a time. I don't continue to have reruns on arguments from the past. I forgive and forget (Matthew 6:34; Ephesians 4:26).

14. I try to maintain a close relationship with God through Jesus Christ (John 14:6; I John 4:21; Matthew 22:37-39; Ephesians 5:21-33).

Number of 0 – 1 answers _____

Number of 2 – 4 answers _____

This quiz describes fourteen principles for developing and maintaining good relationships with other people. It describes how you can be the marriage partner God wants you to be. If you could honestly answer all questions with a 0 or a 1, you probably have a good relationship with your mate. If you answered the questions with a 2 – 4, plan how you can change to turn the answers into a 0 – 1. The more 0's or 1's you have, the better will be your relationship. The more 2's, 3's or 4's, the worse will be your relationship.

So What Do I Do Now?

Use this exercise as a catalyst for change. Highlight the areas that you are weak in and find ways to change your thinking and behavior in these areas. Find a Bible verse to support you in this area. Find 3-5 specific things you can do in the next week to actively improve in these areas.