

Marriage Enrichment Assessment

This tool is designed to help you thoughtfully evaluate your marriage. You will reflect on key areas and mark each question using the scale below. Be honest and prayerful—this is about clarity, not perfection.

How to Use This Tool

1. Complete this individually before discussing it together.
2. Mark each question as Red, Yellow, or Green.
3. Discuss your answers honestly.
4. Bring this completed form to your next session.

Scoring Guide

Red	Concern — This area raises serious concern. We should seek help and address it promptly.
Yellow	Caution — This area needs growth, clarity, or further discussion.
Green	Healthy — This area reflects strength and health in the marriage.

1. Spiritual Foundation

Question	Red Concern	Yellow Needs growth	Green Healthy
Are we both genuinely following Christ?	☐	☐	☐
Is Jesus more important than our marriage?	☐	☐	☐
Do we see spiritual growth and fruit in each other's lives?	☐	☐	☐

2. Expectations of Marriage

Question	Red Concern	Yellow Needs growth	Green Healthy
Am I expecting marriage to make me happy, secure, or fulfilled?	☐	☐	☐
Do I understand marriage as a covenant, not just a relationship?	☐	☐	☐
Am I prepared to give rather than just receive in marriage?	☐	☐	☐

3. Handling Conflict

Question	Red Concern	Yellow Needs growth	Green Healthy
Do we address problems or avoid them?	☐	☐	☐
Can we talk honestly without attacking or withdrawing?	☐	☐	☐
Do we seek forgiveness and work toward resolution?	☐	☐	☐

4. Life Direction & Alignment

Question	Red Concern	Yellow Needs growth	Green Healthy
Are we heading in the same direction spiritually and practically?	☐	☐	☐
Do we agree on major priorities (faith, family, lifestyle)?	☐	☐	☐
Have we established healthy boundaries with our families while remaining faithful to our marriage covenant?	☐	☐	☐

5. Personal Maturity & Patterns

Question	Red Concern	Yellow Needs growth	Green Healthy
Am I taking responsibility for my own growth?	☐	☐	☐
Are there patterns (anger, avoidance, control) that concern me?	☐	☐	☐
Am I honest about my struggles and weaknesses?	☐	☐	☐

6. Input from Others

Question	Red Concern	Yellow Needs growth	Green Healthy
Have we sought input from trusted people?	☐	☐	☐
Are we open to feedback and correction?	☐	☐	☐
Have any concerns been raised by others?	☐	☐	☐

7. Willingness & Commitment

Question	Red Concern	Yellow Needs growth	Green Healthy
Am I clearly committed to this marriage?	☐	☐	☐
Am I serving my spouse freely rather than acting from pressure, fear, or guilt?	☐	☐	☐
Am I willing to accept my spouse as they are today while encouraging biblical growth?	☐	☐	☐

Reflection Questions

- What areas feel most encouraging (green)?
- What areas concern you most (yellow/red)?
- What do you need to grow in personally?
- What conversations do you need to have together?