

Intentional Marriage Inventory

Core Values in Marriage	No Current issues	Talked about it and working on it	Oh! Never thought of that before?	It's an issue and We need to talk	We Talked about it but no/little action	It's an issue but I'm scared to bring it up
Rating	0	1	2	3	4	5
Communication: Feeling safe to discuss anything openly and feel listened to.						
Conflict: healthy engagement without anger, deflecting or walking away etc.						
Finances: On the same page and have a short/long term frugal plan						
Dates and Getaways: Who's planning them and consistency						
Intimacy/Affection: Mutual and meeting each other's needs.						
Time Management Over Working or over committing that affects the marriage or one's health.						
Harmful/ Annoying Habits: Being considerate of partner and changing						
Parenting: An intentional plan for each child to build their character						
Spiritual Beliefs: A Family priority and the Husband leading and initiating spirituality						
Total=						

Instructions: Make two copies and answer separately. Then come together and discuss. Realize that this might bring up some sensitive issues and if not resolve after 30mins, take a break and reflect on the needs of your partner. Discuss for another 30mins, if no resolution then seek professional counseling.

0-15 Healthy Marriage (If one category is N/A take -2 off these totals: 0-13).

16-25 Issues that need to be discuss

26-34 Signs of Neglect and Evasive Measures needed (Seek out Counseling for guidance)

35-45 Relationship in Critical condition seek out immediate professional intervention as a couple.

Note: Any one of these marital values can cause long term fatigue or a marital stalemate, therefore seek counseling/objectivity this is always good to get a new perspective or neutral mediation.

Free Resource for Engaged and Married Couples: http://lifelineforfamilies.net/wp-content/uploads/2013/01/LifelineFF_Couples-Workbook.pdf