

MLU Marriage Class - Individual Assessment Statements

Each spouse rates (Agree Strongly → Disagree Strongly). Answer the questions individually, then discuss:

1. We divide household chores in ways that feel fair

Strongly Disagree	Disagree	Agree	Strongly Agree
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2. We can tell each other what's really on our minds

Strongly Disagree	Disagree	Agree	Strongly Agree
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3. Small issues often become big arguments

Strongly Disagree	Disagree	Agree	Strongly Agree
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4. We let go of past hurts in our relationship

Strongly Disagree	Disagree	Agree	Strongly Agree
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5. We make time for daily conversation

Strongly Disagree	Disagree	Agree	Strongly Agree
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6. We have similar spiritual beliefs

Strongly Disagree	Disagree	Agree	Strongly Agree
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7. We are both pretty good at listening to each other

Strongly Disagree	Disagree	Agree	Strongly Agree
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8. I am happy with how we express affection to one another

Strongly Disagree	Disagree	Agree	Strongly Agree
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9. Our faith is a central part of our relationship

Strongly Disagree	Disagree	Agree	Strongly Agree
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10. We are able to forgive one another and move forward

Strongly Disagree	Disagree	Agree	Strongly Agree
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11. My partner respects me for who I am

Strongly Disagree	Disagree	Agree	Strongly Agree
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12. We have a hard time resolving our problems

Strongly Disagree	Disagree	Agree	Strongly Agree
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13. In our relationship, I feel loved and appreciated

Strongly Disagree	Disagree	Agree	Strongly Agree
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14. We get enough quality time together

Strongly Disagree	Disagree	Agree	Strongly Agree
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15. I am comfortable with our current level of physical intimacy

Strongly Disagree	Disagree	Agree	Strongly Agree
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16. We typically agree on finances and our spending habits

Strongly Disagree	Disagree	Agree	Strongly Agree
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17. We are on the same page about our roles and responsibilities in life

Strongly Disagree	Disagree	Agree	Strongly Agree
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18. I feel close and connected to my spouse

Strongly Disagree	Disagree	Agree	Strongly Agree
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19. We are both committed to our relationship

Strongly Disagree	Disagree	Agree	Strongly Agree
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