

Assessing Love

Read the following and check the appropriate response:	No	Sometimes	Often	Yes
Do you feel you are patient with your spouse?				
Do you demand that your spouse fulfill your wishes on your timetable?				
Do you empathize with your spouse when he / she struggles with strength to overcome weaknesses?				
Do you express kindness to your spouse even when he / she does not fulfill your needs?				
When you speak to your spouse, do you do so with respect?				
When your spouse does something hurtful, are you able to assert yourself without being unkind?				
Do you envy the relationship of other couples (including fictional relationships on TV or in books)?				
Do you find yourself meditating on how things "should be" in your marriage, becoming resentful as a result?				
Do you boast to yourself or others about your virtues and compare your goodness to the weaknesses of your spouse (i.e. I'm responsible but he's unreliable)?				
Do you focus on your wants over and above the wants of your spouse?				
Are you more concerned with what your spouse is doing wrong than with what he / she is doing right?				
When you arrive home from work, do you pay attention to your spouse (or do you isolate yourself)?				
When your spouse arrives home from work, do you provide him / her "down time" (or do you demand his / her immediate attention)?				
Are you short tempered with your spouse?				
Are you clinging to old hurts as the reason for not being loving to your spouse?				
Do you meditate on past offenses in your marriage?				
Do you find yourself "getting even" by doing annoying or hurtful things to your spouse?				

Read the following and check the appropriate response:	No	Sometimes	Often	Yes
Are you apologetic when you do wrong to your spouse?				
Do you find yourself avoiding doing loving things for your spouse to repay him/her for falling to meet your needs?				
Do you seek to be honest to your spouse (even when you're ashamed of your actions)?				
Are you willing to be vulnerable to your spouse sharing your feelings and/or thoughts?				
Do you protect your spouse if someone speaks or acts against them?				
Do you practice self-control (even when they are not around) to protect your spouse?				
Do you believe the best about your spouse regardless of circumstances?				
Do you place hope in the future of your marriage?				
Do you seek to show that you love your spouse even if you don't feel love (emotions come and go)?				
Are you available to receive love from your spouse in the ways they best demonstrate love?				