

Marriage Beliefs Test

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This test measures your beliefs about different aspects of marriage and family. For each of the following statements, circle “T” if it reflects your belief, and circle “F” if it does not.

1. Marriage can meet all of my needs. T / F
2. The most important factor in a strong marriage is happiness. T / F
3. It is impossible to have a happy marriage without frequent verbal expressions of love. T / F
4. I completely depend on my spouse for my happiness. T / F
5. A happy marriage is primarily a matter of luck—a matter of “stumbling upon” the right person. T / F
6. True love means that you never need to say sorry. T / F
7. Life is not worth living without true love. T / F
8. Unconditional commitment is necessary for a strong marriage. T / F
9. In marriage, the most important kind of love is loving-kindness. T / F
10. In a successful marriage, couples do not need to make changes in their relationship. T / F
11. The most common reason for divorce is “falling out of love.” T / F
12. Couples who pray for each other tend to stay together. T / F
13. No matter how bad the situation, as long as couples focus more on the positive, their marriage will survive (the 5 to 1 ratio). T / F
14. Living together is the best preparation for a happy marriage. T / F
15. Only I can change my spouse to be a better person. T / F
16. Couples need to have shared beliefs and attitudes regarding important issues, such as life purpose and child-rearing. T / F
17. A happy and healthy marriage is free from conflicts. T / F
18. Self-sacrifice is a necessary part of a happy marriage. T / F
19. My primary loyalty is to my spouse rather than my parents. T / F
20. Having children will bring couples closer. T / F