

### Health Marriage Checklist

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*Please answer “Yes” or “No” to the following statements about your marriage relationship. You may benefit from professional help if your score is less than 10.*

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|-------------------------------------------------------------------------|----------|
| 1. We are best friends.                                                 | Yes / No |
| 2. We are emotionally close to each other.                              | Yes / No |
| 3. We have mutual respect for each other.                               | Yes / No |
| 4. We enjoy doing things together.                                      | Yes / No |
| 5. We share household responsibilities.                                 | Yes / No |
| 6. We have sacrificed a great deal for each other.                      | Yes / No |
| 7. We are committed to caring for each other.                           | Yes / No |
| 8. We frequently express appreciation to each other.                    | Yes / No |
| 9. We always make up after each fight.                                  | Yes / No |
| 10. We always learn some lessons from each fight.                       | Yes / No |
| 11. I always pause for one second before responding to any provocation. | Yes / No |
| 12. I can forgive all my spouse’s past wrongs.                          | Yes / No |
| 13. I can accept and tolerate my spouse’s annoying habits.              | Yes / No |
| 14. I often interpret my spouse’s statements in a positive way.         | Yes / No |
| 15. I do not attribute bad motives to my spouse.                        | Yes / No |
| 16. My spouse is a big part of my future plans.                         | Yes / No |
| 17. I am willing to do whatever it takes to save our marriage.          | Yes / No |
| 18. I catch myself when I misperceive my spouse because of my bad mood. | Yes / No |

### Meaningful Living Meetup Review Questions

1. Which of the lessons we have covered is most helpful to your marriage?
2. Has your marital relationship improved, worsened, or stayed about the same since taking part in this Meetup? Why?
3. Do you have concerns that have not been addressed in this Meetup? What are they?
4. Would you be interested in attending the next series of Meaningful Living Meetups?