



Marriage Health Check

Instructing his young players the coach repeatedly called out, **“keep your eyes on the ball.”** This wise and outstanding advice especially applies when it comes to the game of life. Keeping our eyes on what matters most is the only way to survive and/or thrive in the game of life. This advice is most critical in tough times and challenging experiences.

[According to The Wall Street Journal, August 4, 2020](#), “More than **one-quarter** of adults said they know a couple who is likely to break up, separate or divorce when the coronavirus pandemic ends...” Such sad predictions call us to take pause and ask ourselves, **“How is the health of our marriage?”**

At the best of times, healthy relationships require intentional communication and hard work. The pandemic has turned some homes into pressure cookers of stress and conflicts. Families are cooped up, with spouses trying to work while also taking care of kids. In addition, the fear of infections, job loss, and caring for at-risk family members have created unprecedented challenges for most of us.

What can you do?

“Keep your eye on the ball.” In good or bad times, to win in the game of life we need to keep our eyes on what matters most. Marriage was designed by God to provide support and help at all times, but especially in hard times.

Years ago, we went through some tough times financially. During that period, I checked the health of our bank account frequently and carefully. **Today we ask you, “How is your love bank account?”**

Marriage Health Check

The following two pages provide a discussion tool to help you and your spouse examine the health of your love bank. This health check is selected and based on the [“The Marriage Course by Nicky Lee and Sila Lee”](#). (ISBN 1-931808-481) It is designed to be answered privately and then discussed amiably by husband and wife.

IMPORTANT: Should this discussion uncover serious issues, PLEASE seek appropriate help.

This check is to be completed by the wife.

1. To the best of your ability and with total honesty respond to the following statements expressing how you feel
2. Once completed, write how your husband feels in the space provided.
3. Chose an appropriate time and discuss areas of differences and areas of possible improvements; then record your thoughts and planned actions on the back of this sheet.

To what extent do you agree with the following statements? (5=Totally Agree & 1=Strongly Disagree)	I STRONGLY Agree ← ← → → Disagree					My Husband Feels
	5	4	3	2	1	
1. My husband regularly gives me his undivided attention.	5	4	3	2	1	
2. My husband understands and supports my beliefs and values.	5	4	3	2	1	
3. My husband shows me affection through demonstrative non-sexual touching.	5	4	3	2	1	
4. We are able to apologize and forgive each other when one of us hurts the other.	5	4	3	2	1	
5. My husband listens to my point of view even when we disagree.	5	4	3	2	1	
6. I am able to talk to my husband about my sexual hopes and desires.	5	4	3	2	1	
7. I am able to talk to my husband about my dreams and aspirations for the future.	5	4	3	2	1	
8. My husband is good at encouraging me in what I do.	5	4	3	2	1	
9. We make a priority of going out together at least once every 2 weeks.	5	4	3	2	1	
10. We often reflect on the good things we enjoy as a couple.	5	4	3	2	1	
11. We are able to talk about strong emotions, excitement, hope, grief, and anxiety.	5	4	3	2	1	
12. My husband is sensitive toward my sexual needs.	5	4	3	2	1	
13. My husband encourages me in my spiritual growth.	5	4	3	2	1	
14. My husband is good at meeting my emotional needs.	5	4	3	2	1	
15. We agree on our sexual practices.	5	4	3	2	1	
16. We discuss new ideas with each other.	5	4	3	2	1	
17. We support each other in the goals we have for our family.	5	4	3	2	1	
18. We have a number of joint interests that we pursue together.	5	4	3	2	1	
19. I am happy about the frequency of our lovemaking.	5	4	3	2	1	
20. My husband is good at listening to my feelings without interrupting or criticizing me.	5	4	3	2	1	

This check is to be completed by the husband.

1. To the best of your ability and honesty respond to the following statements expressing how you feel.
2. Once completed, write how your wife feels in the space provided.
3. Chose an appropriate time and discuss areas of differences and any areas of possible improvements, recording your thoughts and planned actions on the back of this sheet.

To what extent do you agree with the following statements? (5=Totally Agree & 1=Strongly Disagree)	I STRONGLY					My Wife Feels
	Agree	←	↔	→	Disagree	
1. My wife regularly gives me her undivided attention.	5	4	3	2	1	
2. My wife understands and supports my beliefs and values.	5	4	3	2	1	
3. My wife shows me affection through demonstrative non-sexual touching.	5	4	3	2	1	
4. We are able to apologize and forgive each other when one of us hurts the other.	5	4	3	2	1	
5. My wife listens to my point of view even when we disagree.	5	4	3	2	1	
6. I am able to talk to my wife about my sexual hopes and desires.	5	4	3	2	1	
7. I am able to talk to my wife about my dreams and aspirations for the future.	5	4	3	2	1	
8. My wife is good at encouraging me in what I do.	5	4	3	2	1	
9. We make a priority of going out together at least once every 2 weeks.	5	4	3	2	1	
10. We often reflect on the good things we enjoy as a couple.	5	4	3	2	1	
11. We are able to talk about strong emotions, excitement, hope, grief, and anxiety.	5	4	3	2	1	
12. My wife is sensitive toward my sexual needs.	5	4	3	2	1	
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