

TOOL

Marriage Checkup Worksheet

An annual couples' diagnostic covering 20 honest questions about connection, communication, conflict, intimacy, spiritual life, and long-term vision -- with reflection prompts and renewal commitments

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Equipping pastors and leaders to serve with excellence, integrity, and lasting Kingdom impact.

Instructions for Completing the Checkup

The most dangerous threat to a marriage is not a dramatic crisis -- it is the slow, undramatic accumulation of distance. Small drifts in communication, gradual decreases in genuine connection, unaddressed resentments that calcify over years -- these are the marriage killers that most couples do not notice until the damage is severe. This annual checkup is designed to surface those gradual drifts before they become chasms.

Instructions for Completing the Checkup

Complete this worksheet individually, in writing, before discussing it with your spouse. Write honestly -- not for your spouse's reading, not for what you wish were true, but for what is actually true. The goal of the checkup is not to produce a scorecard or to generate criticism -- it is to create an honest, shared map of your marriage that enables specific, constructive conversation. Use the following scales for each section: 1-2 = Significant concern in this area; 3-4 = Area of weakness or inconsistency; 5-6 = Functioning adequately but with clear room for growth; 7-8 = Generally healthy with specific improvement opportunities; 9-10 = Genuine strength to celebrate and build on.

Section 1: Connection and Friendship

Rate each of the following (1-10): We genuinely enjoy spending time together (not just co-existing in the same space). We know what is currently most important to each other -- what we are excited about, worried about, working toward. We laugh together regularly. We protect time for each other as a priority, not as a leftover when everything else is done. We are genuinely interested in each other's inner lives -- not just logistics and schedules. Section 2: Communication: We can have difficult conversations without contempt, defensiveness, or stonewalling. We listen to understand, not to respond. We express appreciation and affirmation regularly and specifically. When we disagree, we address the issue rather than attacking the person. We do not have significant patterns of unspoken resentment or avoidance. Section 3: Conflict and Repair: When we hurt each other, we repair -- we apologize, we forgive, we reconcile. We do not let significant hurts go unaddressed for more than a few days. We are willing to take responsibility for our own contribution to our conflicts. We do not use past hurts as weapons in current arguments.

Section 4: Physical and Emotional Intimacy: We are physically connected in ways that feel mutually satisfying and cherished. We share emotional intimacy -- vulnerability, honest sharing of fears and hopes. We are affectionate with each other in small, non-sexual ways. Section 5: Spiritual Life Together: We pray together with some regularity. We are growing in faith individually and supporting each other's growth. We have a shared sense of what we are building together for God's purposes. Section 6: Vision and Future: We have a shared sense of what our marriage is for and where we are heading. We are on the same page about major life decisions (finances, parenting, location, career). We have specific goals and dreams we are pursuing together.

How to Get the Most From This Resource

This resource is designed to be worked, not just read. The difference between reading a planning template and actually planning, between reading an assessment tool and actually assessing, is the difference between information and transformation. Block specific time in your calendar this week to work through this resource. Bring your leadership team into the process where appropriate. Share what you discover with your accountability partner or spiritual director. Act on what you find.

KEY PRINCIPLE

The best ministry resources are the ones that produce changed behavior, not just increased knowledge. Decide before you finish this document what one specific change you will make as a result of engaging it.

Reflection Questions

1. What is the most important thing this resource is revealing about your current practice? What does honest engagement with it require of you?
2. What one change, if made consistently for 90 days, would produce the greatest improvement in the area this resource addresses?
3. Who in your leadership team or accountability network needs to engage with this material alongside you?
4. What structures of accountability will you put in place to ensure that the commitments you make here are actually kept?

Pastoral excellence is not a gift reserved for the extraordinarily talented. It is the fruit of ordinary faithfulness -- the steady, unsensational work of showing up, preparing well, praying hard, and trusting God with what only he can do. Do the work. Trust the God. Watch what grows.

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