

FROM ROOMMATES TO SOULMATES

Pre-Course Assessment

Where Is Your Marriage Right Now?

Rate each area 1–5. (1 = Struggling, 5 = Strong)

- We communicate openly and honestly. _____ (1–5)
- I feel emotionally connected to my spouse. _____ (1–5)
- We handle conflict without resentment building. _____ (1–5)
- Physical affection is a regular part of our marriage. _____ (1–5)
- We enjoy spending time together. _____ (1–5)
- I feel heard, valued, and understood. _____ (1–5)

Our marriage right now in one sentence:

What I most want to change about our marriage:

Signed: _____

Date: _____