



MARRIAGE
BOOT CAMP

MARRIAGE ASSESSMENT

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GIVE PRESENCE MARRIAGE ASSESSMENT

The assessment measures how well you know your spouse and your ability to give them what they want. Answer the questions below and then ask your spouse how many questions you answered correctly. Calculate your score and compare it with the assessment scale below.

	Correct	Incorrect
1. Spouse's favorite color? _____	<input type="checkbox"/>	<input type="checkbox"/>
2. Spouse's favorite city to visit? _____	<input type="checkbox"/>	<input type="checkbox"/>
3. Spouse's favorite vacation destination? _____	<input type="checkbox"/>	<input type="checkbox"/>
4. Spouse's favorite restaurant? _____	<input type="checkbox"/>	<input type="checkbox"/>
5. Spouse's favorite type of food? _____	<input type="checkbox"/>	<input type="checkbox"/>
6. Spouse's favorite home cooked meal? _____	<input type="checkbox"/>	<input type="checkbox"/>
7. Spouse's favorite dessert? _____	<input type="checkbox"/>	<input type="checkbox"/>
8. Spouse's favorite holiday? _____	<input type="checkbox"/>	<input type="checkbox"/>
9. Spouse's most dreaded holiday? _____	<input type="checkbox"/>	<input type="checkbox"/>
10. Spouse's best friend? _____	<input type="checkbox"/>	<input type="checkbox"/>
11. Spouse's favorite relative? _____	<input type="checkbox"/>	<input type="checkbox"/>
12. Spouse's favorite clothing store? _____	<input type="checkbox"/>	<input type="checkbox"/>
13. Size shirt/blouse your spouse wear? _____	<input type="checkbox"/>	<input type="checkbox"/>
14. Size pants/skirt your spouse wear? _____	<input type="checkbox"/>	<input type="checkbox"/>

	Correct	Incorrect
15. Size suit/dress your spouse wears? _____	<input type="checkbox"/>	<input type="checkbox"/>
16. Size shoe your spouse wears? _____	<input type="checkbox"/>	<input type="checkbox"/>
17. Spouse's favorite thing for you to wear? _____	<input type="checkbox"/>	<input type="checkbox"/>
18. Spouse's favorite day of the week? _____	<input type="checkbox"/>	<input type="checkbox"/>
19. The most relaxing thing for your spouse? _____	<input type="checkbox"/>	<input type="checkbox"/>
20. Most stressful thing for your spouse? _____	<input type="checkbox"/>	<input type="checkbox"/>
21. Spouse's most dreaded chore? _____	<input type="checkbox"/>	<input type="checkbox"/>
22. Spouse's pet peeve? _____	<input type="checkbox"/>	<input type="checkbox"/>
23. One thing your spouse has always wanted? _____	<input type="checkbox"/>	<input type="checkbox"/>
24. Spouse's favorite actor? _____	<input type="checkbox"/>	<input type="checkbox"/>
25. Spouse's favorite movie? _____	<input type="checkbox"/>	<input type="checkbox"/>
26. What type of music does your spouse like? _____	<input type="checkbox"/>	<input type="checkbox"/>
27. Type of music your spouse likes the best? _____	<input type="checkbox"/>	<input type="checkbox"/>
28. Spouse's favorite way of making love? _____	<input type="checkbox"/>	<input type="checkbox"/>
29. How often per month or week does your spouse like to make love? _____	<input type="checkbox"/>	<input type="checkbox"/>
30. Spouse's favorite author? _____	<input type="checkbox"/>	<input type="checkbox"/>
31. Spouse's all-time favorite book? _____	<input type="checkbox"/>	<input type="checkbox"/>

	Correct	Incorrect
32. Type of books your spouse likes to read? _____	<input type="checkbox"/>	<input type="checkbox"/>
33. Spouse's favorite spectator sport? _____	<input type="checkbox"/>	<input type="checkbox"/>
34. Spouse's favorite sport's hero? _____	<input type="checkbox"/>	<input type="checkbox"/>
35. Spouse's favorite sport's team? _____	<input type="checkbox"/>	<input type="checkbox"/>
36. Spouse's favorite hobby? _____	<input type="checkbox"/>	<input type="checkbox"/>
37. Temperature your spouse likes the temperature set? _____	<input type="checkbox"/>	<input type="checkbox"/>
38. Spouse's favorite topic of discussion? _____	<input type="checkbox"/>	<input type="checkbox"/>
39. If your spouse had an extra \$100 per week to spend, what would your spouse choose to spend it on? _____	<input type="checkbox"/>	<input type="checkbox"/>
40. If your spouse was given one million dollars and had to spend it within one week, what would be the first high ticket item your spouse would buy? _____	<input type="checkbox"/>	<input type="checkbox"/>
41. Which type of vacation does your spouse prefer? <input type="checkbox"/> <input type="checkbox"/> a) Sun, fun, and relax. b) Sightseeing c) Outdoor Adventure		
43. The best type of gift for my spouse is something. <input type="checkbox"/> <input type="checkbox"/> a) Practical b) Sentimental c) Just what they asked for d) A surprise		
44. My spouse prefers to wear/buy: a) Gold b) Silver c) Platinum	<input type="checkbox"/>	<input type="checkbox"/>

Number of CORRECT ANSWERS: _____

0-19: OUT OF SHAPE

You have a lot to learn about your spouse. Ask more questions. Pay closer attention during conversation. Concentrate during your intimacy interview.

20-31: AVERAGE

You know enough to give some of the right things, but you could do better. Review the questions you got wrong and try to identify areas about your spouse where your knowledge is lacking. Make an effort to learn about them. Focus on them during your intimacy interview.

32-44: MARRIAGE FITNESS CHAMPION

Your knowledge of your spouse will make giving much easier. Keep building your knowledge bank. Giving based on fresh understandings is very powerful, so don't rest on your laurels.



PUT LOVE FIRST MARRIAGE ASSESSMENT

If you began a physical fitness program, you would first want to establish your "baseline" - a measure of where you are now. A good assessment helps you focus on the areas that need the most attention and allows you to track your overall progress. Marriage fitness is no different.

The following assessment measures the degree of importance you give to your marriage. Answer the questions below "true" or "false". Compare your score with the assessment scale below. Take the two periodically after you begin your Marriage Fitness program to monitor your progress.

- | | True | False |
|---|--------------------------|--------------------------|
| 1. When my spouse phones, I almost always make time to talk. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. If I'm with my spouse and someone else phones, I usually don't take the call. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. I speak to my spouse about non-logistical matters at least twice a day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. When something significant happens in my life, I almost always share it with my spouse first. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. I initiate positive loving physical contact with my spouse at least twice a day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. When we go to a social function, I almost always spend at least half my time talking with my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. When my spouse walks into the house, I almost always interrupt whatever I am doing to greet my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. When I walk into the house, the first thing I do is usually greet my spouse. | <input type="checkbox"/> | <input type="checkbox"/> |

	True	False
9. I spend more time interacting with my spouse than I do watching TV.	<input type="checkbox"/>	<input type="checkbox"/>
10. I spend more time interacting with my spouse than anyone else in my life.	<input type="checkbox"/>	<input type="checkbox"/>
11. I usually interrupt whatever I'm doing if my spouse wants my attention.	<input type="checkbox"/>	<input type="checkbox"/>
12. When I need someone to talk to, I almost always talk to my spouse.	<input type="checkbox"/>	<input type="checkbox"/>
13. I almost always recognize in a significant way my spouse's birthday, our anniversary and other special days.	<input type="checkbox"/>	<input type="checkbox"/>
14. My spouse and I go out alone together at least once per week.	<input type="checkbox"/>	<input type="checkbox"/>
15. My spouse and I go on vacation alone together at least once a year.	<input type="checkbox"/>	<input type="checkbox"/>
16. I have photographs of my spouse in my office, wallet, or gym locker.	<input type="checkbox"/>	<input type="checkbox"/>
17. I have at least one personal and meaningful discussion with my spouse per week for a maximum of 25 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
18. I do unnecessary thoughtful things for my spouse regularly.	<input type="checkbox"/>	<input type="checkbox"/>

**ADD the number of times you answered TRUE,
and write your score here _____**

RATE YOUR SCORE

1-8: OUT OF SHAPE

You need to work hard to increase the importance you give to your spouse and your marriage. The above questions may indicate some areas you should concentrate on.

9-13: AVERAGE

But don't settle for average. Your marriage is the most important thing in your life. It should be great! Try to put love first more often.

14-18: MARRIAGE FITNESS CHAMPION

You seem to have your priorities straight. What else could you do to give your marriage even higher priority?







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