

## **BANKING ON YOUR WIFE**

Take this short quiz to rate how stable your marriage is at the moment. Then, when you have pinpointed both your weak and strong points, take the necessary steps to strengthen your relationship. Good relationships don't just happen, they evolve and are sustained only when people know what they want and how to get it.

Answer Yes or No to each question, then check your score below:

- 1. Do you make your wife feel good about herself? (Yes \_\_ No\_\_)
- 2. Do you value the same things in your wife that you value in yourself? (Yes \_\_\_\_\_ No\_\_\_)
- 3. Does your face spontaneously break into a smile when you see your wife? (Yes \_\_\_\_ No\_\_\_)
- 4. When you leave the house, does your wife have a sense of wellbeing, having been nourished by your company? (Yes \_\_ No\_\_)
- 5. Can you and your wife tell each other honestly what you really want instead of using manipulation or games? (Yes \_\_ No\_\_)
- 6. Can your wife get angry at you without your thinking less of her? (Yes \_\_ No\_\_)
- Can you accept your wife as she is instead of making plans to change her? (Yes \_\_\_\_ No\_\_\_)
- 8. Is your behavior consistent with your words? (Yes \_\_ No\_\_)
- 9. Do your actions show you really care for your wife? (Yes \_\_\_ No\_\_\_)
- 10. Do you feel comfortable with your wife when she's wearing frumpy clothes? (Yes \_\_ No\_\_)
- 11. Do you enjoy introducing your wife to your friends or acquaintances? (Yes \_\_\_\_\_\_ No\_\_\_)
- 12. Are you able to share with your wife moments of weakness, failure, and disappointment? (Yes \_\_ No\_\_)
- 13. Would your wife say you are a good listener? (Yes \_\_ No\_\_)
- 14. Do you trust your wife to solve her own problems? (Yes \_\_ No\_\_)
- 15. Do you admit to your wife when you have problems and need her comfort? (Yes \_\_\_\_ No\_\_\_)

- 16. Do you believe you could live a full and happy life without your wife? (Yes \_\_\_\_\_ No\_\_\_)
- 17. Do you encourage your wife to develop her full potential as a woman? (Yes \_\_\_\_\_ No\_\_\_)
- 18. Are you able to learn from your wife and value what she says? (Yes \_\_ No\_\_)
- 19. If your wife were to die tomorrow, would you be very happy you had the chance to meet her and marry her? (Yes \_\_ No\_\_)
- 20. Does your wife feel she's more important than anyone or anything else in your life other than God? (Yes \_\_ No\_\_)
- 21. Do you believe you know at least five of your wife's major needs and how to meet those needs in a skillful way? (Yes \_\_ No\_\_)
- 22. Do you know what your wife needs when she's under stress or when she's discouraged? (Yes \_\_ No\_\_)
- 23. When you offend your wife, do you usually admit you were wrong and seek her forgiveness? (Yes \_\_ No\_\_)
- 24. Would your wife say you praise her at least once a day? (Yes \_\_ No\_\_)
- 25. Would your wife say you are open to her correction? (Yes \_\_ No\_\_)
- 26. Would your wife say you are a protector, that you know what her limitations are as a woman? (Yes \_\_ No\_\_)
- 27. Would your wife say you usually consider her feelings and ideas whenever making a decision that affects the family or her? (Yes \_\_ No\_\_)
- 28. Would your wife say you enjoy being with her and sharing many of life's experiences with her? (Yes \_\_ No\_\_)
- 29. Would your wife say you are a good example of what you would like her to be? (Yes \_\_ No\_\_)
- 30. Would you say you create interest in her when you share things you consider important? (Yes \_\_ No\_\_)

Total "Yes" answers:

Total "No" answers:

\*If you answered "No" to 20 questions or more, then we suggest taking the necessary steps to strengthen your relationship as soon as possible. This can be in the form of Biblical counseling, trusted mentorship, or even doing a couple's Bible study together. Whatever you choose, consider retaking this questionnaire again in a few months to reevaluate your progress. Your role as a husband matters and we encourage you to do what it takes to make your marriage the best it can be!