

EVALUATING YOUR MARRIAGE

Yes	No	Issues	Explanation
		Control	He is always trying to control me - what I say and do, and who I know. He doesn't like my friends, and often forbids me from seeing them.
		Irresponsibility	He never takes responsibility for his actions or words, and never admits he is wrong or asks forgiveness. It seems like he can do no wrong.
		Irresponsible	He doesn't take responsibility for his time, money, or his role in this family. He can't hold down a job to provide for his family.
		Ownership	He will not own any part of our marital problems. I get all the blame. We can't even discuss anything without him blaming me.
		Abuse	His words condemn, accuse, and attack me. I feel emotionally fragile because of his constant belittling.
		Physical and Sexual Abuse	He is often violent –pushing me around and grabbing me harshly. At times, he forces himself upon me sexually.
		Threatening	He yells threats at me in rage. I live in fear not knowing if he is going to carry through with his threats. So many times he forgets or denies what he said, but I don't.
		Rude	He treats my family and friends rudely, and makes no effort to be nice or to be involved. He is so prideful, always putting others down. In some cases, he is nice to everyone else but his wife and family.
		Stuck	He has one way of doing something - his way, and he won't take suggestions from others (and for sure not from me!) Life is the same-old-thing with no growth or change and no desire for either.
		Anger	He's always responding with anger. Nothing ever seems right to him. His emotions are either flat or angry towards everyone and everything. Sometimes it escalates to rage.
		Critical	He always finds something wrong with me. I can't do or say anything right. He is always correcting me, and often in front of others.
		Pleaser and Deceiver	He knows how to put on a good show of being a good guy for others, but not for his wife and family. When we have gone to counseling, he is an expert at deceiving the counselor and even the pastor.

		Harsh	His voice is always harsh and unkind. He uses his harsh and intimidating voice to control everyone.
		Impulsive	He makes decisions (some very important ones for the family) impulsively and with-out consulting me. This includes: what to buy, how to invest, time commitments, discipline of the children, etc.
		Workaholic	He spends too much time at work, and his job always seems to be the most important thing to him. He brings his work home, and never seems to have enough energy for the family at the end of the day.
		Unhelpful	He never sees the need to help or offer assistance with the house or the kids.
		Addictions	He is addicted to: gaming, drugs, alcohol, eating, sports, the internet, pornography, or _____.
		Dishonest	He tries to deceive me, himself, and others to get away with things. He doesn't see that he has a lying problems. At times it is like he is "gas lighting" me.
		Takes sides	He sides with the kids and doesn't stand with me in discipline. He allows the kids to get away with not doing homework and other responsibilities. It's like he enjoys turning the kids against me.
		Demanding	He has a picture of what a wife should be and it involves serving him. He expects so much from me giving nothing in return.
		Selfish and Narcissistic	He always puts himself first without consideration for me or the kids. Life is about him and him alone.
		Time	His time is his own. He continually makes plans without us. He acts like he is not married.
		Immature	He can't communicate without anger or accusations. He seems to have no understanding of how to make relationships better or how important they are.
		Unspiritual	He has no interest in spiritual things. He has abandoned his faith. He is a hypocrite saying one thing and doing another. It seems as if he doesn't even know the Lord.
		Unhealthy	He does not take care of his health in eating or exercising.
		Habits and Appearance	He takes no pride in his appearance or his clothes. He often doesn't shower or wash his hair or shave. He wears dirty clothes.
		Wandering Eyes	He has no respect for me when we are out in public. He looks at other women all the time.

		Infidelity and Betrayal	He has cheated on me having an affair -either emotional or physical.
		Emotionally Distant	There is no special closeness in our relationship. He doesn't seem to be emotionally invested in our relationship.
		Other	
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