

Marital Intelligence Test

Ignoring Needs

This test probes the actions necessary to have a great marriage. Do not be surprised by the results. Celebrate your strengths, and work on improving your weak areas. Your spouse might respond differently to the same questions. These areas of differences are opportunities to grow and improve your marriage. Hopefully this test will whet your appetite for the solutions in this book.

| Marital Intelligence Test | |
|--|-------------|
| Respond to the following statements using the following scale: 0 = Never; 1 = Rarely 2 = Occasionally; 3 = Sometimes; 4 = Usually; 5 = Always | |
| Problem #1: Ignoring Needs | |
| I compliment my spouse every day. | 0 1 2 3 4 5 |
| I understand and accept how my spouse thinks. | 0 1 2 3 4 5 |
| I am involved in our home and family to the satisfaction of my spouse. | 0 1 2 3 4 5 |
| My spouse feels secure financially, emotionally, physically, and morally. | 0 1 2 3 4 5 |
| I touch my spouse tenderly and hug him/her often. | 0 1 2 3 4 5 |
| I talk and listen to my spouse about an hour each day. | 0 1 2 3 4 5 |
| My spouse and I go on a date once a week. | 0 1 2 3 4 5 |
| I give my spouse at least one hour of focused attention each day. | 0 1 2 3 4 5 |
| I admire my spouse and he/she knows it. | 0 1 2 3 4 5 |
| I have adapted to my spouse's likes, dislikes, career, style, schedule, etc. | 0 1 2 3 4 5 |
| I work hard to make sure our home and family are the best they can be. | 0 1 2 3 4 5 |
| I meet my spouse's sexual needs. | 0 1 2 3 4 5 |
| I do things with my spouse that he/she enjoys. | 0 1 2 3 4 5 |
| I work hard at being grateful, kind, sympathetic, healthy, and attractive to my spouse. | 0 1 2 3 4 5 |
| I pursue the soul of my spouse by listening to what he/she says and doesn't say. | 0 1 2 3 4 5 |
| We come to agreement before we make major decisions. | 0 1 2 3 4 5 |
| | |
| I receive a compliment daily from my spouse. | 0 1 2 3 4 5 |
| I believe my spouse understands the real me and does not demand that I change. | 0 1 2 3 4 5 |
| I feel that my spouse is fully engaged in the life of our family. | 0 1 2 3 4 5 |
| I am confident that my spouse would never damage our relationship financially, emotionally, verbally, physically, sexually, or morally. | 0 1 2 3 4 5 |

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|--|-------------|
| I receive enough hugs and nonsexual touches from my spouse to meet my emotional needs. | 0 1 2 3 4 5 |
| My spouse actively listens to me daily. | 0 1 2 3 4 5 |
| I feel that my spouse wants to be with me romantically, mentally, and physically. | 0 1 2 3 4 5 |
| I feel admired and respected by my spouse. | 0 1 2 3 4 5 |
| My likes, dislikes, ideas, and desires are reflected in our relationship. | 0 1 2 3 4 5 |
| I enjoy spending time at home with my family. | 0 1 2 3 4 5 |
| My spouse understands and meets my sexual needs. | 0 1 2 3 4 5 |
| My spouse enjoys doing things together that are important to me. | 0 1 2 3 4 5 |
| I am more attracted to my spouse each year because he/she is kinder, more grateful, more encouraging, and takes care of him/herself. | 0 1 2 3 4 5 |
| I feel my spouse cares deeply for the real me. | 0 1 2 3 4 5 |
| Subtotal Section #1 | |

The positive statements on the test detail a high standard of how to treat one another. Start applying those truths, and your relationship will improve right away.

Scoring

150 - 113: You have a very good marriage in this area. Keep it up. Have a discussion with your spouse about how to meet each other's needs even more effectively, pursue your spouse's soul, and please him/her even more.

112 - 76: You have a good marriage that could be significantly improved by meeting more relational needs. Pick one or two needs you will start to meet at a new level. Ask which needs are most important to your spouse. Calmly ask your spouse to meet one of your needs at a new level.

75 - 38: There are some serious deficiencies in love in your marriage. Both of you feel your relational needs are not being met. Your marriage is moving into a business-type relationship. Begin doing one new thing each day to meet each other's relational needs. Participating in a small group with other couples might help to focus the changes.

37 - 0: Love is lacking in your marriage. The answer to the pain and loneliness is to start meeting one another's relational needs. It takes only one person in the marriage to make a difference in the beginning. Schedule a meeting with a counselor or pastor.

Marital Intelligence Test

Immature Behaviors

This test probes the actions necessary to have a great marriage. Do not be surprised by the results. Celebrate your strengths, and work on improving your weak areas. Your spouse might respond differently to the same questions. These areas of differences are opportunities to grow and improve your marriage. Hopefully, this test will whet your appetite for the solutions in this book.

| Problem #2: Immature Behaviors | |
|---|-------------|
| 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Sometimes; 4 = Usually; 5 = Always | |
| I avoid doing things I know annoy or damage my spouse. | 0 1 2 3 4 5 |
| I have calm, thoughtful conversations with my spouse about areas of concern rather than forcing him or her to guess. | 0 1 2 3 4 5 |
| I eliminate selfish or destructive behaviors that could be harmful. | 0 1 2 3 4 5 |
| I admit when I am wrong and apologize effectively. | 0 1 2 3 4 5 |
| I am open to correction and direction about actions, activities, and people that damage our marriage. | 0 1 2 3 4 5 |
| I listen when my spouse is pointing out something I have done wrong. | 0 1 2 3 4 5 |
| I am willing to grow and change to improve my marriage. | 0 1 2 3 4 5 |
| I realize that my marriage will have trouble, and I will need to apologize. | 0 1 2 3 4 5 |
| I try to understand my spouse's point of view rather than increase my intensity to get my way. | 0 1 2 3 4 5 |
| I align my expectations with my spouse ahead of time about schedules, plans, and actions. | 0 1 2 3 4 5 |
| When I feel angry with my spouse, I try to love him/her more effectively by meeting his/her needs rather than scolding, correcting, or distancing myself. | 0 1 2 3 4 5 |
| I make changes that my spouse thinks will help our marriage. | 0 1 2 3 4 5 |
| I have had hard conversations with my spouse about improvements needed in our marriage. | 0 1 2 3 4 5 |
| I am patient with my spouse's areas of weakness, allowing God time to make changes. | 0 1 2 3 4 5 |
| | |
| My spouse avoids things that annoy or irritate me. | 0 1 2 3 4 5 |
| My spouse tells me directly when he/she is angry with me rather than in another indirect way. | 0 1 2 3 4 5 |
| My spouse eliminates destructive behaviors that could destroy our marriage. | 0 1 2 3 4 5 |
| My spouse admits when he/she is wrong and truly apologizes. | 0 1 2 3 4 5 |
| My spouse is gracious, adaptable, and defers whenever possible. | 0 1 2 3 4 5 |
| My spouse listens and makes changes when I point out something when he/she has done wrong. | 0 1 2 3 4 5 |
| My spouse is willing to grow and change to make our marriage better. | 0 1 2 3 4 5 |
| My spouse does not expect our marriage to be perfect and is willing to admit he/she is wrong. | 0 1 2 3 4 5 |

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| My spouse tries to understand my point of view rather than walking away or becoming angry. | 0 1 2 3 4 5 |
| My spouse has had hard conversations with me about how he/she really feels about our marriage. | 0 1 2 3 4 5 |
| My spouse works hard at loving me even when I am hard to love. | 0 1 2 3 4 5 |
| My spouse initiates the alignment of our expectations about schedules, plans, and potential actions. | 0 1 2 3 4 5 |
| Subtotal Section #2 | |

The positive statements on the test outline a high standard of how we should treat one another. Start applying those truths, and your relationship will improve right away.

Scoring

130 - 98: You have a very good marriage in this area. Keep it up. Have a discussion with your spouse about how to make sure you are not wounding or hurting one another.

97 - 65: You have a good marriage that could be significantly improved by avoiding selfish, angry, or destructive behaviors. Pick one thing you will stop and one new solution method discussed in this chapter that you will focus on this next month.

64 - 33: There are some serious deficiencies in the love in your marriage. Both of you feel you are being damaged in your marriage by the actions of your spouse. You need to focus on meeting each other's relational needs at a new level and eliminating one destructive behavior. Remember your marriage will not improve until there is more love flowing between husband and wife. A good marriage is not an absence of conflict but an abundance of love.

32 - 0: There is a lack of love but significant selfishness in your marriage. It takes only one person in the marriage to make a difference in the beginning. Schedule a meeting with a counselor or pastor. You need help to increase the love and stop the damage.

Marital Intelligence Test

Temperament

This test probes the actions necessary to have a great marriage. Do not be surprised by the results. Celebrate your strengths and work on improving your weak areas. Your spouse might respond differently to the same questions. The areas of differences are opportunities to grow and improve your marriage. Hopefully, this test will whet your appetite for the solutions in this book.

| Problem #3: Temperament | |
|---|-------------|
| 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Sometimes; 4 = Usually; 5 = Always | |
| I accept my spouse the way he/she is without trying to change him/her. | 0 1 2 3 4 5 |
| I understand how my spouse's gender makes him/her different. | 0 1 2 3 4 5 |
| I know my spouse's dominant love languages. | 0 1 2 3 4 5 |
| I know how to speak my spouse's dominant love language. | 0 1 2 3 4 5 |
| I know whether my spouse is an extrovert or an introvert and how to value that and allow for it. | 0 1 2 3 4 5 |
| I know whether my spouse is an abstract thinker or a concrete thinker and how to value that and allow for it. | 0 1 2 3 4 5 |
| I realize how my spouse prefers to make decisions either objectively or personally and make allowances for that preference whenever possible. | 0 1 2 3 4 5 |
| I make room for my spouse's need for closure or spontaneity. | 0 1 2 3 4 5 |
| I understand my spouse's inner impulse for attention, control, peace, or perfection and do not demand that he or she change. | 0 1 2 3 4 5 |
| | |
| I feel accepted, not belittled or ignored by my spouse. | 0 1 2 3 4 5 |
| My unique point of view as a man or woman is valued and encouraged by my spouse. | 0 1 2 3 4 5 |
| My spouse knows my dominant love languages. | 0 1 2 3 4 5 |
| My spouse speaks love to me in my love language. | 0 1 2 3 4 5 |
| My spouse respects my extroversion or introversion and does not demand that I be something I'm not. | 0 1 2 3 4 5 |
| My spouse allows me to use my thinking style (abstract or concrete) without demanding that I be different. | 0 1 2 3 4 5 |
| My spouse and I understand and use my preference for objective or personal decisions to enhance our decisions and marriage. | 0 1 2 3 4 5 |
| If possible, my spouse allows me to bring closure to a situation or delay decisions, so I am comfortable. | 0 1 2 3 4 5 |
| My spouse knows my strongest internal impulse (attention, control, peace, or perfection) and, whenever possible, lets me be me. | 0 1 2 3 4 5 |
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| <i>Subtotal Section #3</i> | |

The positive statements on the test outline a high standard of how we should treat one another. Start applying those truths, and your relationship will improve right away.

Scoring:

90 - 68: You have a very good marriage in this area. Keep it up. Keep digging to understand each other's internal impulses and basic wiring patterns. *Viva la difference!*

67 - 45: You have a good marriage that could be significantly improved by making more allowances for the differences in your temperaments. Pick one area in your spouse that you will make allowance for rather than seeing it as a moral issue.

44 - 22: There are some serious deficiencies in the expression of love in your marriage. Both partners are being damaged by the lack of room to be yourselves. You need to start working together, recognizing each other's temperament impulses as a plus rather than a minus. Start being a team. God put you together for a reason. A good marriage is not an absence of conflict but an abundance of love.

21 - 0: There is a lack of acceptance and a significant amount of "my way is best" in your marriage. It takes only one person in the marriage to make a difference in the beginning. Schedule a meeting with a counselor or pastor. At least one of you needs to start studying the ways that you are different and how that drives the fights and loneliness you both feel.

Marital Intelligence Test

Competing Relationships

This test probes the actions necessary to have a great marriage. Do not be surprised by the results. Celebrate your strengths and work on improving your weak areas. Your spouse might respond differently to the same questions. The areas of differences are opportunities to grow and improve your marriage. Hopefully, this test will whet your appetite for the solutions in this book.

Marital Intelligence Test Scoring

| Problem #4: Competing Relationships | |
|---|-------------|
| 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Sometimes; 4 = Usually; 5 = Always | |
| I encourage my spouse to have a strong relationship with God. | 0 1 2 3 4 5 |
| I help my spouse take time for himself/herself. | 0 1 2 3 4 5 |
| I take time for myself to be refreshed and rested. | 0 1 2 3 4 5 |
| I demonstrate that my spouse and our marriage are more important than our children. | 0 1 2 3 4 5 |
| I place my marriage and children ahead of my extended family. | 0 1 2 3 4 5 |
| I take time daily to get away from work and focus on my wife, family, and home life. | 0 1 2 3 4 5 |
| I make sure that we have vacations and family times. | 0 1 2 3 4 5 |
| I demonstrate that my marriage is more important than our church or charity involvements. | 0 1 2 3 4 5 |
| I am responsible in earning, managing, and giving our money. | 0 1 2 3 4 5 |
| I demonstrate that my marriage is more important than my community and/or civic involvements. | 0 1 2 3 4 5 |
| I put appropriate amounts of time into all the major arenas of my life. | 0 1 2 3 4 5 |
| I demonstrate that my marriage is more important than my friends. | 0 1 2 3 4 5 |
| I demonstrate that my marriage is more important than my competitors, enemies, bosses, and/or oppressors. | 0 1 2 3 4 5 |
| | |
| My spouse encourages me to have a strong relationship with God. | 0 1 2 3 4 5 |
| My spouse encourages me to be healthy spiritually, mentally, emotionally, and physically and to take time for myself. | 0 1 2 3 4 5 |
| My spouse demonstrates that our marriage is more important than our children. | 0 1 2 3 4 5 |
| My spouse puts our marriage and our children ahead of his/her extended family. | 0 1 2 3 4 5 |
| My spouse makes sure every day that he or she disengages from work and focuses for some period of time on our marriage, home, and family. | 0 1 2 3 4 5 |
| My spouse makes sure that we have vacations and family times. | 0 1 2 3 4 5 |
| My spouse demonstrates our marriage is more important than his/her church or charitable involvements. | 0 1 2 3 4 5 |
| My spouse is responsible in gaining, managing, and giving our money. | 0 1 2 3 4 5 |
| My spouse demonstrates that our marriage is more important than his/her | 0 1 2 3 4 5 |

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| community or civic involvements. | |
| My spouse demonstrates that our marriage is more important than his/her friends. | 0 1 2 3 4 5 |
| My spouse demonstrates that our marriage is more important than his/her competitors, enemies, bosses, and/or oppressors. | 0 1 2 3 4 5 |
| My spouse puts an appropriate amount of time in all the major arenas of his/her life. | 0 1 2 3 4 5 |
| Subtotal Section #4 | |

The positive statements on the test outline a high standard of how we should treat each other. Start applying these truths, and your relationship will improve right away.

Scoring:

125 - 94: You have a very good marriage in this area. Keep it up. Have a discussion with your spouse about how to make sure that other relationships don't squeeze your marriage out.

93 - 62: You have a good marriage that could be significantly improved by planning and guarding your time together. Pick one thing you will stop and one new way to spend time together this month.

61 - 32: There are some serious deficiencies in the expression of love in your marriage. Both of you feel that you are being damaged by the lack of time and energy being put into your marriage. Some things will need to be eliminated to give your marriage a chance. Remember your marriage will not improve until there is more love flowing between husband and wife.

31 - 0: There is a lack of love in your marriage and significant selfishness. It takes only one person in the marriage to make a difference in the beginning. You need to learn new ways of living life in one or more relational arenas. The way you are living right now is not working for the health of your marriage.

Marital Intelligence Test

Past Baggage

This test probes the actions necessary to have a great marriage. Do not be surprised by the results. Celebrate your strengths and start work on improving your weak areas. Your spouse might respond differently to the same questions. The areas of differences are opportunities to grow and improve your marriage. Hopefully this test will whet your appetite for the solutions in this book.

| Problem #5: Past Baggage | |
|--|-------------|
| 0 = Never; 1 = Rarely; 2 = Occasionally; 3 = Sometimes; 4 = Usually; 5 = Always | |
| I am processing the pain of my past so that it does not damage my marriage. | 0 1 2 3 4 5 |
| I am aware and open about the deeply painful things in my life and how they impact my relationships. | 0 1 2 3 4 5 |
| I am supportive (financially, emotionally, and relationally) of my spouse's receiving the help he/she needs to overcome the issues and difficulties of his/her past. | 0 1 2 3 4 5 |
| I have changed behaviors I learned from my family that were damaging my relationships. | 0 1 2 3 4 5 |
| I am open to discussions about unhelpful and/or destructive patterns I have learned from my family. | 0 1 2 3 4 5 |
| I am open to discussions about unhelpful and/or destructive patterns I have learned from my culture or heritage. | 0 1 2 3 4 5 |
| I have done all I can to bring healing to the destructive behavior in my past so it does not damage my present relationships. | 0 1 2 3 4 5 |
| | |
| My spouse is aware of and open about the traumatic events of his or her past that impact his or her relationships. | 0 1 2 3 4 5 |
| My spouse is processing the pain of his or her past so that it will not damage our marriage. | 0 1 2 3 4 5 |
| My spouse is supportive of my receiving the help I need to deal with the issues of my past. | 0 1 2 3 4 5 |
| My spouse is open to discussions and change in areas of unhelpful and/or destructive patterns he/she learned from his/her family. | 0 1 2 3 4 5 |
| My spouse is open to discussions and change in areas of unhelpful and/or destructive patterns he/she learned from his/her culture or heritage. | 0 1 2 3 4 5 |
| My spouse admits foolish, selfish, and/or destructive behaviors of the past and has done all he or she can so that they have the least impact in the present. | 0 1 2 3 4 5 |
| Subtotal Section #5 | |

The positive statements you responded to on the test outline a high standard of how we should treat one another. Start applying these truths to your spouse, and your relationship will improve right away.

Scoring:

65-52: You have a very good marriage in this area. Keep it up. If there are areas you need to explore, develop a plan to work through them, so you can give and receive love more effectively.

51-39: You have a good marriage that could be improved by facing some of the issues this section brings up. Develop a plan to work through your past baggage issues, so you can give and receive love more effectively. Your spouse may not be the safest person to begin the process with; a trusted friend, counselor, pastor, or psychologist may be a better choice.

38-24: One or both spouses need to put some serious time into addressing issues of the past, or your marriage will not reach its potential. You are most likely limping now and moving into a bad, business-type marital relationship.

23-0: There are significant past baggage issues impacting your marriage. Seek out a counselor, pastor, or psychologist to begin a process of working through these issues so that your marriage does not fail. There is hope, and there is help.

From the new book **Marital Intelligence: A foolproof guide to saving and strengthening marriages** http://www.ptlb.com/marital_intelligence.htm

Based on thousands of hours of marital counseling and witnessing the saving of hundreds of marriages, Gil Stieglitz says there are only five problems in marriage:

1. Ignoring needs
2. Immature behaviors
3. Clashing temperaments
4. Competing relationships
5. Past baggage.

Each of these problems is discussed in detail, along with antidotes, solutions, and self-tests to make the material helpful and accessible. Useful for personal study, for mentor-directed study, or as a guide for a class or lecture series, Marital Intelligence is the perfect tool to help restore marriages as God intended.

About the Author:

Gil Stieglitz is an author, speaker, catalyst, professor and leadership consultant. He is currently a professor at Western Seminary, a District Superintendent for the EFCA, a church consultant for Thriving Churches International, and President of Principles to Live By. His desire is to help as many people as possible achieve their maximum potential for God's glory. The author of six books, he was for 17 years the pastor of the Twin Lakes Community Church in Southern California