

# MODULE 6 TOOL: HONEST MARRIAGE ASSESSMENT

*Determining Next Steps with Clarity*

## SECTION 1: THE RED FLAGS (Answer honestly — this is for you alone)

- Physical violence, threats, or aggressive behavior
- Ongoing emotional abuse (constant criticism, humiliation, control)
- Infidelity or major betrayal without genuine remorse
- Active addiction (substance abuse, gambling, porn) without treatment
- Refusal to acknowledge that problems exist
- Refusal to engage in any attempt at communication or change
- Severe financial deception or control

If you checked ANY boxes: Professional help is necessary. Tools alone cannot fix this. Seek a therapist, counselor, or clergy member immediately.

## SECTION 2: WILL YOUR SPOUSE ACTUALLY WORK WITH YOU?

- ✓ They acknowledge problems exist (even if we disagree on solutions)
- ✓ They show up to conversations, even imperfectly
- ✓ They apologize when they hurt you — not perfect, but genuine
- ✓ They try new approaches, even if they struggle

**What signs are you seeing?**

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**Over the past 3 months, is your spouse showing willingness to work?**

Yes    Somewhat    No

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### SECTION 3: YOUR DECISION FRAMEWORK

#### OPTION 1 — PERSIST WITH THESE TOOLS

Your spouse is willing. Red flags are manageable.

#### OPTION 2 — SEEK PROFESSIONAL HELP

#### Which option resonates with your situation?

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### SECTION 4: YOUR COMMITMENT

- Weekly check-ins for \_\_\_\_\_ months
- Daily practices of affirmation and connection
- Using frameworks when difficult conversations arise
- Being honest about what is working and what is not

#### I will review this commitment on:

Date (3 months from now): \_\_\_\_\_

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### RESOURCES & REMEMBER

Therapist Locator: Psychology Today ([psychologytoday.com](https://www.psychologytoday.com))

Crisis Support: National Domestic Violence Hotline (1-800-799-7233)

Christian Counseling: AACC ([aacc.net](https://www.aacc.net)) | Relationship Coaching: Gottman Institute ([gottman.com](https://www.gottman.com))

Knowing when to persist and when to protect yourself is wisdom, not failure.

You deserve a marriage that is safe, respectful, and mutual.