

# IN-LAWS COURSE — POST-ASSESSMENT

## Knowledge & Understanding of In-Law Principles

You've completed the In-Laws course. This assessment measures how much you've learned and how you now understand in-law principles. Answer each question thoughtfully. Both husband and wife should complete this independently. Compare your answers to your Pre-Assessment to see your growth in understanding and confidence.

**1. When in-laws make decisions that affect your marriage, the most solution-focused response is to:**

- A) Accept their decision without question
- B) Immediately disagree and defend your position
- C) Have a calm conversation with your spouse first, then address it together as a united couple
- D) Avoid the topic to keep peace

**2. To what extent do you understand how your spouse's family patterns influence their current behavior in your marriage?**

- 1 = Not at all
- 2 = Barely understand
- 3 = Somewhat understand
- 4 = Understand well
- 5 = Fully understand and can explain it

**3. True or False: A healthy 'leave and cleave' boundary means your spouse should cut off contact with their parents.**

- True
- False

(Explanation: Leave and cleave means prioritizing your marriage as the primary relationship while maintaining respect and connection with parents.)

**4. When financial requests come from extended family, the solution-focused approach is to:**

- A) Always say yes to show you care
- B) Always say no to protect your finances
- C) Discuss it together with your spouse, set clear limits, and make the decision as a team
- D) Let your spouse decide without your input

**5. How confident are you in your ability to set healthy boundaries with in-laws without causing guilt or shame?**

- 1 = Very uncertain
- 2 = Mostly uncertain
- 3 = Somewhat confident
- 4 = Mostly confident
- 5 = Very confident

**6. When your spouse shares concerns about their parents' behavior, the most solution-focused response is to:**

- A) Criticize their parents harshly
- B) Defend the parents no matter what
- C) Listen with empathy, validate their feelings, and help them think through solutions
- D) Tell them to just get over it

**7. Do you have a clear understanding of the difference between 'protect your spouse' and 'cut off family'?**

- Yes, I can explain the difference
- No, they seem like the same thing to me

(Explanation: Protecting your spouse means defending them from disrespect while maintaining healthy contact. Cutting off means severing relationship entirely.)

**8. How well do you understand your own family's patterns and how they might create conflict with your spouse's family patterns?**

- 1 = Haven't really thought about it
- 2 = Vaguely aware
- 3 = Somewhat aware
- 4 = Very aware
- 5 = Can clearly articulate the differences and conflicts

**9. True or False: The goal of this course is to help you build stronger, healthier in-law relationships while protecting your marriage.**

- True
- False

(Explanation: Yes! The goal is to create boundaries that foster respect, improve communication, and strengthen your marriage while honoring your extended family.)

**10. Briefly describe one specific in-law situation where you would like to improve your response or create a better solution:**

(Write your response below. This will help you focus your learning during the course.)

**KEY REFLECTION: How have you applied one in-law principle from this course, and what positive shift have you noticed in your marriage?**