

PERSONAL INVENTORY QUESTIONNAIRE

1. Have I met the goal I set for this year in our marriage?
2. Have I invested the best of myself in our marriage (and how could I improve)?
3. Have I invested enough of my time in our marriage (if not, how could I increase it)?
4. Have I behaved in a cooperative, harmonious way at all times?
5. Have I made improvements in the way my personality impacts our marriage (how)?
6. Have I persevered in making changes and behaving in ways that positively impact our marriage (what are some I am still working on)?
7. Have I participated with my spouse in making timely, thoughtful decisions?
8. Have I held back in full participation in my marriage or have I been reckless in forging ahead without due thought?
9. Have I concentrated my efforts to improve my marriage or have I diluted the effort by lack of focus?
10. Have I been open-minded, listening to my spouse and giving thought to my spouse's opinions?
11. How have I improved in my conduct as a spouse?
12. Have I overindulged in any appetites or habits?
13. Have I behaved or thought in purely self-centered ways?
14. Have I behaved respectfully to my spouse such that it encourages my spouse to respect me?
15. Have my opinions and decisions been formed through solid research, discussed and analyzed with my spouse?
16. Have I carefully considered how to spend my time, talent, income and emotion to get the best return and avoid unwise use of these resources?

17. How much time have I wasted on activities that will not reward my spouse and me?
18. Have I engaged in activities that I regret or am not proud of?
19. Have I been unfair to my spouse, and if so how?
20. Have I freely given and received a variety of forms of physical affection with my spouse?
21. Have I worked with my spouse to come to agreement on values that we may differ on?
22. Have I weathered any crises this year by teaming with my spouse and facing the crisis together?
23. Have I made an effort to learn more about having a successful marriage?
24. Have I thought and behaved enthusiastically about my marriage, caring deeply about its success?
25. Have I done the best to take care of my health so that I can be fully present and able to participate in our marriage?
26. Have I worked to overcome negative attitudes and behaviors?
27. Have I avoided beliefs which keep me from achieving success in our marriage?
28. Have I been honest and acted with integrity in our marriage?