



Pamela Bass
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FREE MARRIAGE GUIDE

Ten Questions to Assess Your Marriage

A practical, judgment-free way to pause, reflect, and notice what may be happening in your relationship.

A NOTE FROM PAM

There is hope.

Marriage counseling does not have to be a last resort. Sometimes couples come because they are in crisis. Sometimes they come because they have noticed something changing: the same arguments, less meaningful conversation, feeling more like roommates than partners, or resentment they haven't known how to address. And sometimes nothing is terribly wrong - they simply want to make a good relationship stronger.

These ten questions are an opportunity to slow down and pay attention. There are no right or wrong answers. The goal isn't to decide whether your marriage is good or bad. The goal is to notice, because recognizing a pattern can be the first step toward meaningful change.

HOW TO USE THIS ASSESSMENT

Rate how true each statement feels for your relationship most of the time: 1 = Rarely, 2 = Occasionally, 3 = Sometimes, 4 = Often, 5 = Consistently. If you are completing this with your partner, answer separately before comparing. Pay attention to the questions that make you pause.

QUESTIONS 1 - 5

Pause. Reflect. Notice.

01 CONNECTION**I feel emotionally connected to my partner.**

I feel seen, understood, valued, and cared about in our relationship.

RARELY ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 CONSISTENTLY

MY SCORE: ____

02 COMMUNICATION**We can talk about difficult things without making things worse.**

We are able to talk about concerns, needs, and disagreements without falling into the same cycle of blaming, defending, shutting down, avoiding, or escalating.

RARELY ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 CONSISTENTLY

MY SCORE: ____

03 THE SAME ARGUMENT**We are able to recognize and interrupt the patterns that keep bringing us back to the same arguments.**

We may disagree, but we don't feel trapped in the same argument over and over again.

RARELY ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 CONSISTENTLY

MY SCORE: ____

04 BEING HEARD**I feel heard by my partner, even when we don't agree.**

I can express what I think or feel without immediately feeling dismissed, corrected, criticized, or misunderstood.

RARELY ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 CONSISTENTLY

MY SCORE: ____

05 RESPECT**We treat each other with respect, even when we are frustrated.**

We can disagree without routinely criticizing, belittling, insulting, dismissing, or devaluing one another.

RARELY ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 CONSISTENTLY

MY SCORE: ____

QUESTIONS 1 - 5 SUBTOTAL _____ / 25

QUESTIONS 6 - 10

Pause. Reflect. Notice.

06 CLOSENESS

We make time for affection, closeness, and intimacy.

I feel there is a meaningful sense of connection between us - not simply that we share a home, responsibilities, or a schedule.

RARELY CONSISTENTLY

MY SCORE: ____

07 PARTNERSHIP

I feel like my partner and I are on the same team.

We work together around responsibilities, decisions, family, finances, parenting, and the challenges life brings us.

RARELY CONSISTENTLY

MY SCORE: ____

08 WHAT HAS GONE UNSPOKEN?

There are important things I have been wanting to say to my partner.

I can bring up difficult or uncomfortable subjects rather than keeping them inside, avoiding them, or hoping they will go away.

RARELY CONSISTENTLY

MY SCORE: ____

09 HOPE

I believe our relationship can improve.

Even if we are struggling right now, I believe that with effort and support, we can create meaningful change.

RARELY CONSISTENTLY

MY SCORE: ____

10 GETTING HELP

My partner and I are willing to seek help when we cannot resolve something on our own.

We don't have to wait until our relationship is in crisis before we consider getting support.

RARELY CONSISTENTLY

MY SCORE: ____

QUESTIONS 6 - 10 SUBTOTAL _____ / 25

UNDERSTANDING YOUR SCORE

Your score is information - not a verdict.

Add your two /25 subtotals, then record the combined score below.

MY TOTAL SCORE _____ / 50

The total isn't the most important part. Notice the questions where you selected the lowest numbers and the answers that made you pause.

40-50

There are many strengths in your relationship. Every marriage has difficult seasons; you may want to keep building on what is working.

30-39

Some areas may deserve attention. Patterns may be creating distance, frustration, or disconnection. This can be a good time to address concerns early.

20-29

Your relationship may be struggling in several important areas. Outside support can help you slow down, understand the patterns, and make different choices.

10-19

Your answers suggest significant areas of concern. You may be carrying hurt, distance, or discouragement. You don't have to wait or figure it out alone.

ONE THING I WISH WERE DIFFERENT IN MY MARRIAGE

BUT HERE'S THE IMPORTANT PART

Your score cannot tell the whole story of your marriage.

Maybe one question stayed with you, your partner would answer differently, or you simply realized: We need to talk about this.

YOU CAN BEGIN ON YOUR OWN

If your spouse doesn't want to come in, come in yourself.

With 35 years of experience, I can help you assess your marriage even if only one of you attends. I will help you understand your options and point you toward practical resources.



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COUNSELING DOES NOT HAVE TO BE A LAST RESORT

Wherever things stand today, that is where we can begin.

We can notice patterns earlier. We can talk about what has gone unspoken. We can learn to hear ourselves and each other with more patience and understanding. We can build practical tools for lasting change.

Ready to take the next step?

You don't have to know exactly what's wrong before you call. You don't have to have your marriage figured out. You simply have to be willing to start the conversation.

CALL PAM TO START THE HEALING PROCESS

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Free 15-minute consultation

Pamela Bass Counseling | Omaha, Nebraska | In person + secure telehealth

pambass.com