

Marriage self-assessment

- **In my day-to-day interactions with my husband do I communicate that I am easy or difficult to please? Do I give the impression I am happy with him and the circumstances of our life, or do I communicate that I am unhappy and discontent?**
- **Do I communicate on a regular basis that I enjoy him or dislike him?**
- **Would he say I was pleasant (fun) to be around or more of a drag?**
- **Am I able to take a joke at my own expense or am I generally super sensitive?**
- **What tone of voice do I usually have when talking to my husband? Do I come across respectful or disrespectful? (Would I use the same the same tone with my boss?) What do my nonverbals, like body language and eye contact communicate to him on a regular basis?**
- **Thinking back on any initiation he has taken in the recent past, how did I respond? Did I criticize him, shut him down or affirm his idea?**