

MARITAL INVENTORY

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Name _____ Date _____

Address _____

Phone _____ Date of Marriage _____

FAMILY MEMBERS

	Age	Name	Occupation or Grade
Husband	_____	_____	_____
Wife	_____	_____	_____
Child	_____	_____	_____
Child	_____	_____	_____
Child	_____	_____	_____

1. Reason for coming (symptoms, issues):

What are your goals for the marriage?

What do you want to happen in the relationship?

2. What do you like about your present marriage relationship?
(Focus on assets, strength and things enjoyed)

3. What is your desire to stay in the relationship and improve it?

0 1 2 3 4 5 6 7 8 9 10

←----No Desire Strong Commitment----→

Why do you rate it this way?

4. List 4 specific things which your spouse does that you like; things you appreciate:

List 2 things you would like **YOUR SPOUSE** to do more often:

5. List 2 things you believe your spouse would like **YOU** to do more often:

Why don't you do them more often? (Possible resistances)

6. What are your 3 most important strengths for building and improving the relationship?

When and how often do you use them in your relationship?

7. What are 3 important strengths your spouse has for building and improving the relationship?

How do you encourage, appreciate and recognize these strengths?

8. What are your strengths as a couple?

9. What are 3 specific things in your behavior which you'd like to change and which you believe would improve the relationship?

10. What could your spouse do to help you make the changes you'd like to see in yourself?

11. What attracted you to each other originally? (Your recall of the first meeting)

12. How is your spouse most different from yourself as a person?

How is your spouse similar to you as a person?

13. What are 2 or 3 areas of conflict (real issue)?

14. Reciprocity and love are strengthened through the mutual exchange of behavior that pleases. Positive exchanges include: help around the house, chores, meals and shopping, planned leisure, child care, affection, approval and acceptance.

List 6 positive exchanges you receive:

List 6 you give:

15a. Circle a number (1-10) which represents your current satisfaction in each of these twelve areas, using the H (Husband) or W (Wife) line for yourself.

1 = very dissatisfied 5 = average satisfaction 10 = very satisfied

H	W		H-1	2	3	4	5	6	7	8	9	10
___	___	1. WORK	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	2. MANAGEMENT & PARTICIPATION IN HOUSEHOLD CHORES	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	3. SOCIAL INTERACTION WITH EACH OTHER	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	4. SOCIAL LIFE & FRIENDSHIPS	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	5. DEMONSTRATION OF AFFECTIONS	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	6. SEXUAL RELATIONSHIP	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	7. MEANING OF LIFE AND SPIRITUALITY	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	8. PARENTING	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	9. LEISURE AND RECREATION	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	10. FAMILY FINANCES	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	11. TIME TOGETHER (Quantity)	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10
___	___	12. TIME TOGETHER (Quality)	H-1	2	3	4	5	6	7	8	9	10
			W-1	2	3	4	5	6	7	8	9	10

15b. Now, look back over each of the 12 areas. Put an X through the rating number (1-10) you think YOUR SPOUSE will mark for themselves on the appropriate number line.

15c. On the appropriate line to the left of the topic, number YOUR five greatest concerns in the marriage from 1 to 5.

Do Not Write Below This Line

	Control	Perfection	Pleasing	Victim	Martyr
Life Style Scale: Husband	_____	_____	_____	_____	_____
Wife	_____	_____	_____	_____	_____

Number 1 Priority: