

THE NEWFOUNDLAND FOUNDATION, INC.
THE QUICK MATRIMONIAL STRENGTH TEST INSTRUMENT

Date: __/__/____

Event: _____

Venue: _____

Personal Identification Number: ____ (Optional)

The inventory below was designed to assess the current strength of your marriage. There are 5 sections, with items under each section. To each question, choose the option that best describes your situation.

Keys to the Response Options:

SD = Strongly disagree; D = Disagree; N = Neutral; A = Agree; SA = Strongly agree

E = Excellent; VG = Very Good; G = Good; P = Poor; NE = Non-existent

M = Married; SE = Separated; DP = Divorce pending; D = Divorced; NM = Never married (i.e. engaged)

Item No.	Questions	Responses					
		SD	D	N	A	SA	
Concerning relational boundaries with OTHERS:							
Q1	The integrity of our boundaries is porous (i.e. our marriage is easily influenced by others)	SD	D	N	A	SA	
Concerning relational boundaries with EACH OTHER:							
Q2	The integrity of our boundaries is strong (i.e. we respect each other's wishes)	SD	D	N	A	SA	
Concerning the state of unity in my relationship:							
Q3	Our unity is covenantal (i.e. strong; loving)	SD	D	N	A	SA	
Concerning the quality of our communication							
Q4	I feel known by my spouse (or fiancé)	SD	D	N	A	SA	
Q5	I feel I know my spouse (or fiancé)	SD	D	N	A	SA	
Q6	The quality of our communication is:	E	VG	G	P	NE	
Concerning matrimonial permanence							
Q7	The status of permanence in our relationship is:	M	SE	DP	D	NM	

Note: You may choose to share your responses with your spouse or fiancé.