

## Is My Relationship Healthy or Unhealthy?

### 16 Traits

**Action Step:** Below are sixteen traits of a healthy relationship. Answer the questions to see whether your marriage is relatively healthy, even if it is disappointing.

1. My spouse/partner shows care and concern for me and my needs.  Yes  No
2. My spouse/partner has my best interests in mind.  Yes  No
3. My spouse/partner asks my opinion on things.  Yes  No
4. My spouse/partner trusts me.  Yes  No
5. My spouse/partner works with me as a partner to parent our children.  Yes  No
6. My spouse/partner is willing to get help for our marriage problems.  Yes  No
7. My spouse/partner takes responsibility and apologizes when he's wrong.  Yes  No
8. My spouse/partner asks for my opinion on things in our marriage.  Yes  No
9. My spouse/partner is considerate of my feelings.  Yes  No
10. When we have a problem, my spouse/partner is willing to talk about it.  Yes  No
11. My spouse/partner uses the Bible/Scripture to correct his own life.  Yes  No
12. My spouse/partner listens to advice from wise people.  Yes  No
13. My spouse/partner allows me to be myself.  Yes  No
14. My spouse/partner allows me to make my own decisions.  Yes  No
15. My spouse/partner allows me to disagree.  Yes  No
16. My spouse/partner is a good steward with our finances.  Yes  No

**If you answered yes to most of these questions, your marriage/relationship is relatively healthy. One or two no's indicate some weak areas in your marriage/relationship. More than three no's indicate an unhealthy marriage/relationship.**