

WELLNESS ASSESSMENT

Marriage and Family



This assessment is designed to focus on **Marriage and Family Wellness**. In different seasons of life, we find our marital and family relationships experience both joys and challenges. These questions are meant to help identify areas of strength as well as areas where growth might be needed as you reflect on your relational health with your spouse and immediate family. While we would like every area to be a strength, the reality is that we will always have growth areas. **The intent is not to surface feelings of failure or guilt, but to encourage us all toward better wellness as we consider these areas.** Below most questions is a continuum to assist you in reflecting on your health journey. Each spouse is to individually complete the assessment and then discuss their results together, especially noticing where there might be differences in responses on the continuum or agreed-upon areas that could move toward improvement.

Marriage

1. How often do you have a regular and meaningful check in with your spouse?

We don't check-in regularly. We often talk only at a surface level.

|.....|.....|.....|.....|

We check in regularly together. We meaningfully connect.

2. How connected as a couple do you feel in your role as church leadership?

Our lives are in separate worlds, and we are not connected.

|.....|.....|.....|.....|

We have varying roles, but are in this together.

3. How often are you able to get away together in a reviving manner that is not related to church work?

I can't remember the last time we were able to be alone together.

|.....|.....|.....|.....|

We prioritize our time together and get away at a healthy pace for us.

4. How would you describe your ability to feel "present" with your spouse on a day-to-day basis?

I am very distracted; too many things on my mind.

|.....|.....|.....|.....|

I am intentional about time to be mentally focused with my spouse.

5. My thoughts about our relationship are positive and hopeful.

Strongly Disagree

|.....|.....|.....|.....|

Strongly Agree

6. When we put our minds to it, we can manage nearly any disagreement that comes up in a healthy manner.

Conflicts don't get resolved and leave us unsettled/disconnected.

|.....|.....|.....|.....|

Conflict is unpleasant/challenging, but we work through it or get counsel.

7. We find ourselves growing closer together in our spiritual union as our marriage, family, and ministry progresses.

Strongly Disagree

|.....|.....|.....|.....|

Strongly Agree

Children

1. How much is my success and identity as a church leader connected to our children and the choices they make?
My success/identity as a church leader is very dependent on their choices. |.....|.....|.....|.....| While I care deeply, my success/identity is not entirely dependent on their choices.
2. Our children feel connected with and appreciative of our role in church leadership (be sure to ask their input).
Strongly Disagree |.....|.....|.....|.....| Strongly Agree
3. Our children feel that they have reasonable expectations placed upon them given our role in church leadership.
Unreasonable expectations. |.....|.....|.....|.....| Reasonable expectations.
4. I seek ways to communicate and be “present” with each of our children on a regular basis (this will vary depending on life stage and living arrangements).
Strongly Disagree |.....|.....|.....|.....| Strongly Agree
5. I am able to support and advocate for our child/ren’s spiritual health.
Our children take a backseat to the needs of the congregation. |.....|.....|.....|.....| I intentionally devote time to encouraging our child’s spiritual growth.
6. Would our children say my interactions with them exhibit love and respect most of the time?
I think our children often find me distracted and/or irritable. |.....|.....|.....|.....| I think my family time is healthy and loving.

Grandchildren (if applicable)

1. I am intentional about finding ways to communicate with and invest in our grandchildren’s lives.
My success/identity as a church leader is very dependent on their choices. |.....|.....|.....|.....| While I care deeply, my success/identity is not entirely dependent on their choices.
2. I intentionally seek ways to support and encourage my children as they parent our grandchildren.
I am not available for their ongoing needs. |.....|.....|.....|.....| We are able to regularly support and help as they desire.

Conclusion and Encouragement

1. What is at least one thing that increases connection with your spouse?

What is at least one thing that decreases connection with your spouse?

2. If you asked your children, what would they say are 1-2 special memories that you enjoy with them? Take time to communicate (in-person, text, call) and discuss these memories with them.

3. What is at least one specific way you are grateful for your spouse? Share this with your spouse.

4. What is a short-term goal of some NEW small change you could implement which, over time, could really make a positive change in the health of your Marriage and Family relationships?

5. Add one long-term goal you would like to strive for in the coming year in the area of Marriage and Family Wellness:
