

Marriage Profile

100 question inventory showing one's view of oneself, and one's view of another person. Use for marriage counseling. Criss-cross answers for each one's partner

The following personality inventory has been used to evaluate the connection between behaviors and well-being of both our spouse/fiancée and ourselves. Psychology research shows that certain behaviors are better than others. Let this inventory show you certain fundamental behaviors that are better for your health and well-being.

Pick out the most appropriate response and your spouse/fiancée. Write the number of that response in the space provided by that statement. For those not married, some questions may not apply.

0=Never, 1=Rarely, 2=Occasionally, 3=Sometimes, 4=Frequently, 5=Almost always

1. ____ I like things done my way.
My spouse likes things done her/his way. ____
2. ____ I dominate or control other people.
My spouse dominates other people. ____
3. ____ I expect a lot from others.
My spouse expects a lot from others. ____
4. ____ I pressure people who do not finish things.
My spouse pressures people who do not finish things. ____
5. ____ I am a perfectionist.
My spouse is a perfectionist. ____
6. ____ I am a bossy person.
My spouse is a bossy person. ____
7. ____ I argue to win.
My spouse argues to win. ____
8. ____ I would ground a child for being disobedient.
My spouse would ground a child for being disobedient. ____
9. ____ I expect people to listen to me.
My spouse expects people to listen. ____
10. ____ I work at being right even if it hurts someone.
My spouse works at being right even if it hurts someone. ... ____

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11. ____ I yell at people to make them do what I want.
My spouse yells at people to make them do what s/he wants. ____
12. ____ I lose my temper.
My spouse loses his/her temper. ____
13. ____ I criticize people who do not act responsibly.
My spouse criticizes people who do not act responsibly. ____
14. ____ I become mean if I drink too much alcohol.
My spouse becomes mean if s/he drinks too much alcohol. ... ____
15. ____ I lash out angrily at persons.
My spouse lashes out angrily at persons. ____
16. ____ I blow up if people do not listen to me.
My spouse blows up if people do not listen to him or her. ... ____

17. ____ I get violent in an argument.
 My spouse gets violent in an argument. ____
18. ____ I explode after I bottle feelings too long.
 My spouse explodes after s/he bottles feelings too long. ____
19. ____ I throw or break things when I am angry.
 My spouse throws or breaks things when s/he is angry. ____
20. ____ I cut people down with words when I get angry.
 My spouse criticizes people when s/he gets angry.. ____

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21. ____ I work at making people happy.
 My spouse works at making people happy. ____
22. ____ I give money to some charitable causes.
 My spouse gives money to some charitable causes. ____
23. ____ I deprive myself so others needs are met.
 My spouse deprives himself/herself so others needs are met. ____
24. ____ I take time to make children or older people happy.
 My spouse takes time to make children or older people happy. ____
25. ____ I send birthday greetings to others.
 My spouse sends birthday greetings to others. ____
26. ____ I pick up after people and put things away.
 My spouse picks up after other people and puts things away. ____
27. ____ I lend money or things to people.
 My spouse lends money or things to people. ____
28. ____ I give more to others than I get.
 My spouse gives more to others than s/he gets. ____
29. ____ I volunteer my help to others.
 My spouse volunteers help to others. ____
30. ____ I give in to prevent conflict.
 My spouse gives in to prevent conflict. ____

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31. ____ I overlook other peoples mistakes.
 My spouse overlooks other peoples mistakes. ____
32. ____ I show much sympathy for other peoples feelings.
 My spouse shows much sympathy for other peoples feelings. ____
33. ____ I listen well to other peoples problems.
 My spouse listens well to other peoples problems. ____
34. ____ I do things to show my love for others.
 My spouse does things to show his or her love for others. ____
35. ____ I absorb or ignore people yelling at me.
 My spouse absorbs or ignores people yelling at him or her ____
36. ____ I try not to offend or hurt others.
 My spouse tries not to hurt or offend others. ____
37. ____ I forgive others who hurt me.
 My spouse forgives others who hurt him or her. ____
38. ____ I apologize to people I offend.
 My spouse apologizes to people s/he offends. ____
39. ____ I schedule and run our (family's) social life.
 My spouse schedules and runs our (family's) social life. ____
40. ____ I am good with sick persons and with older persons.
 My spouse is good with sick persons and with older persons ____

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- 41. ____ I keep my promises to others.
My spouse keeps his/her promises to others. ____
- 42. ____ I am an emotionally strong person.
My spouse is an emotionally strong person ____
- 43. ____ I absorb criticism without getting angry.
My spouse absorbs criticism without getting angry. ____
- 44. ____ I finish projects I start.
My spouse finishes projects s/he starts. ____
- 45. ____ I give and take in negotiations.
My spouse gives and takes in negotiations. ____
- 46. ____ I maintain selfcontrol when I am criticized.
My spouse maintains selfcontrol when she/he is criticized ____
- 47. ____ I have selfdiscipline to control habits.
My spouse has selfdiscipline to control habits. ____
- 48. ____ I bounce back quickly after hurts.
My spouse bounces back quickly after hurts. ____
- 49. ____ I remain calm under pressure/in chaotic times.
My spouse remains calm under pressure/in chaotic times. ____
- 50. ____ I do things that must be done.
My spouse does things that must be done. ____

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- 51. ____ I feel successful.
My spouse feels successful. ____
- 52. ____ I respect people who speak up.
My spouse respects people who speak up. ____
- 53. ____ I allow a strong exchange of ideas.
My spouse allows a strong exchange of ideas. ____
- 54. ____ I see myself as a leader.
My spouse sees him/herself as a leader. ____
- 55. ____ I am respected by people.
My spouse is respected by people. ____
- 56. ____ I have a good amount of selfconfidence.
My spouse has a good amount of selfconfidence. ____
- 57. ____ I consult with others before making decisions.
My spouse consults with others before making decisions. . . ____
- 58. ____ I feel confident speaking to audiences.
My spouse feels confident speaking to audiences. ____
- 59. ____ I would allow children to have their say.
My spouse would allow children to have their say. ____
- 60. ____ I allow an employee to speak up strongly to me.
My spouse allows (another) to speak up strongly to him/her. ____

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- 61. ____ I enjoy talking with people.
My spouse enjoys talking with people. ____
- 62. ____ I take vacations.
My spouse takes vacations. ____
- 63. ____ I think of inexpensive ways of having fun.
My spouse thinks of inexpensive ways of having fun. ____

64. _____ I plan ahead to do things I enjoy.
My spouse plans ahead to do things s/he enjoy. _____
65. _____ I am the first to try a new sport.
My spouse is the first to try a new sport. _____
66. _____ I love to play games.
My spouse loves to play games. _____
67. _____ I am braver and more daring than others
My spouse is braver and more daring than others. _____
68. _____ I like to be at parties.
My spouse likes to be at parties. _____
69. _____ I like picnics beaches and sunshine.
My spouse likes picnics beaches and sunshine. _____
70. _____ I avoid persons who are too serious.
My spouse avoids persons who are too serious. _____

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71. _____ I laugh easily.
My spouse laughs easily. _____
72. _____ I follow my feelings in decision making.
My spouse follow his/her feelings in decision making. _____
73. _____ I telephone or write to friends.
My spouse phones or write to friends. _____
74. _____ I am happy with my present situation in life.
My spouse is happy with his/her present situation in life. _____
75. _____ I cry when I am hurt.
My spouse cries when s/he is hurt. _____
76. _____ I share my feelings easily.
My spouse shares his/her feelings easily. _____
77. _____ I make decisions very easily.
My spouse makes decisions very easily. _____
78. _____ I communicate with people very well.
My spouse communicates with people very well. _____
79. _____ I let my imagination lead me to enjoyment.
My spouse lets his/her imagination lead to enjoyment. _____
80. _____ I am creative with my hobbies and with my work.
My spouse is creative with his/her hobbies and work. _____

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81. _____ I overspend on things.
My spouse overspends on things. _____
82. _____ I owe people money that I cannot pay.
My spouse owes people money which s/he cannot pay. _____
83. _____ I go places and my spouse does not know where I am.
My spouse goes places and I do not know where s/he is. _____
84. _____ I watch more TV than I should.
My spouse watches more TV than s/he should. _____
85. _____ I smoke and/or drink more than I should.
My spouse smokes and/or drinks more than s/he should. _____
86. _____ I hunt and/or fish more than my spouse likes.
My spouse hunts and/or fishes more than I like. _____
87. _____ I spend more on enjoyment than I should.
My spouse spends more on enjoyment than s/he should. _____

88. ____ I go out with friends more than I should.
 My spouse goes out with friends more than s/he should. ____
89. ____ I have others go to get things for me.
 My spouse has others go to get things for him/her. ____
90. ____ I let others pick up things I leave lay.
 My spouse lets others pick up things s/he leaves lay. ____

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91. ____ I feel rebellious and/or anti-social.
 My spouse feels rebellious and/or anti-social. ____
92. ____ I become hostile when I am criticized.
 My spouse becomes hostile when I am criticized. ____
93. ____ I dislike living up to other person's expectations.
 My spouse dislikes living up to other's expectations. ____
94. ____ I do not care what people think.
 My spouse does not care what people think. ____
95. ____ I dislike being pressured to do something.
 My spouse dislikes being pressured to do something. ____
96. ____ I prefer living my own rules.
 My spouse prefers living by his/her own rules. ____
97. ____ I do things different than most persons.
 My spouse does things different than most persons. ____
98. ____ I believe I come first.
 My spouse believes she/he comes first. ____
99. ____ I react angrily to being told what to do.
 My spouse reacts angrily to being told what to do. ____
100. ____ I dislike people with authority.
 My spouse dislikes people with authority. ____

*Congratulations, you have completed the questionnaire.
 Give all pages to Mark D. Berry, MPC.*

Graduate Work:

Liberty University (Professional Counseling) Partial Work

Olivet Nazarene University (Masters of Pastoral Counseling) Degree conferred