



## RELATIONSHIP PERFORMANCE REVIEW

No matter where you are in your marriage journey, a marriage performance review can be beneficial. The following is a list of possible marriage performance review questions from [Psychology Today](#) to get you started. Reflect on these questions and your responses before meeting with your spouse.

In a marriage performance review, you are rating your spouse's performance on a 5-point scale from strongly disagree to strongly agree. There are 5 categories, including parenting, to review. If you don't have kids, just skip that one.

### AFFECTION

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| I have given you the physical affection that you need.       | 1 | 2 | 3 | 4 | 5 |
| I have been sensitive to your sexual needs.                  | 1 | 2 | 3 | 4 | 5 |
| I have provided you with the emotional affirmation you need. | 1 | 2 | 3 | 4 | 5 |
| I have been supportive when you were stressed and troubled.  | 1 | 2 | 3 | 4 | 5 |
| I have spent as much time with you as you needed.            | 1 | 2 | 3 | 4 | 5 |

### COMMUNICATION

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| I have listened well when you were telling me something that was important to you.                                       | 1 | 2 | 3 | 4 | 5 |
| When we disagreed on something I was respectful of you and willingly engaged until we resolved the issue.                | 1 | 2 | 3 | 4 | 5 |
| During the year you felt comfortable raising difficult issues with me and did not feel you had to bury important issues. | 1 | 2 | 3 | 4 | 5 |
| I have been transparent with you about my feelings so you did not have to guess about them.                              | 1 | 2 | 3 | 4 | 5 |
| Together we have successfully resolved the important issues on which we disagreed.                                       | 1 | 2 | 3 | 4 | 5 |
| On most days I have been reasonably cheerful.  | 1 | 2 | 3 | 4 | 5 |

### HOUSEHOLD

- |   |   |   |   |   |   |
|---|---|---|---|---|---|
| I have done my fair share of housework this year. | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|

**PARENTING**

I have done my fair share of child care and parenting this year. **1 2 3 4 5**

You approve of my approach to parenting and discipline. **1 2 3 4 5**

I spend enough time with the children. **1 2 3 4 5**

I spend too much time with the children and not enough time with you. **1 2 3 4 5**

**MONEY**

I have been a good provider for the family this year. **1 2 3 4 5**

I have responsibly marshaled and preserved the resources of the family. **1 2 3 4 5**

I have consulted with you in good faith regarding major expenditures of money. **1 2 3 4 5**