

The Catholic Parishes in Waterloo  
Faithful Parenting

# COUPLES CHECKLIST

*It has been said that the most important thing a parent can do for their child is to love their spouse.*

The questions on this checklist will help you discover if there are concerns or problems that need to be addressed in your marriage or relationship. There is space to add comments or an explanation after each question.

**There is one checklist for each partner.**

When you have completed your checklist, make time to share and discuss it with your partner. Statements which you or your partner mark “strongly agree” or “agree” are issues or concerns you need to address in order to strengthen your marriage or relationship. Statements which you or your partner mark “maybe” are issues or concerns which you need to discuss further. If necessary, you should ask a professional counselor to help facilitate further discussion.

	Strongly Agree	Agree	Maybe	Disagree	Strongly Disagree
1. I am generally unhappy with our marriage/relationship .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have doubts about whether we should have gotten married .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I think our marriage/relationship has been getting worse .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I am not satisfied with the amount of time we spend together .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I am not satisfied with how we communicate .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am not satisfied with the distribution of daily work and responsibility..	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am not satisfied with how we make decisions .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I am not satisfied with our sex life .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I have doubts about our decision to have child(ren) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I am worried about how we are parenting our child(ren) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

(over)

## Couples Checklist

	Strongly Agree	Agree	Maybe	Disagree	Strongly Disagree
11. I am worried about our financial situation .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I am worried about how we relate to our inlaws .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I am worried about how we relate to our friends .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I am worried about my own or my partner's mental health .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I am worried about the presence or possibility of emotional, ..... physical or sexual abuse in our home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I am worried about the abuse of drugs or alcohol in our home .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I have had or have thought about having an affair .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I have thought about getting a divorce .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I think we should get counseling for our marriage/relationship .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I think we should get counseling for our parenting or child(ren) .....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. My main concern about our marriage right now is...					
22. My main concern about our role as parents right now is...					

You should seriously discuss any statement in which either of you marked "Maybe." You should be especially concerned and take appropriate measures to address any statement in which either of you marked "Agree." You should consider getting professional help for any statements in which either of you marked "Strongly Agree."