

Marital Expectations Assessment

In this assessment, you will discover your assumptions and expectations about marriage and its impact in your life. Answer each question as accurately as possible. Wait until it is complete before consulting the key.

- 1 T/F. Marriage means happiness
- 2 T/F. Married people have fewer problems
- 3 T/F. Married people spend a great deal of time having sex
- 4 T/F. Married people live more meaningful lives
- 5 T/F. Married people have it easy
- 6 T/F. True lovers need not fight
- 7 T/F. Marriage makes a lot of troubles go away
- 8 T/F. I can't wait (or couldn't wait) to get married
- 9 T/F. Love is what gets a couple through the tough times
- 10 T/F. Our generation has better marriages than did our parent's generation
- 11 T/F. Parenting simply requires unconditional love
- 12 T/F. Disagreements can be resolved if the couple focuses on their love
- 13 T/F. We (will) get along way better than our parents
- 14 T/F. Cooking, cleaning, and employment skills are not as important as our happiness
- 15 T/F. Being together is enough to make us happy
- 16 T/F. Marriage requires some commitment and work
- 17 T/F. Problems move with singles into their marriage
- 18 T/F. Sex in marriage is good if the relationship is good
- 19 T/F. Life is meaningful regardless of one's marital status
- 20 T/F. Marriage is difficult at times
- 21 T/F. Disagreeing with a spouse is part of life
- 22 T/F. Being married gives you a support person for the troubling times
- 23 T/F. Marriage will come (or did come) in a timely manner
- 24 T/F. When tough times do happen it takes more than love to get through it
- 25 T/F. All generations of couples have seen both good and bad marriages
- 26 T/F. Parenting is complex because parents have different ideas about what to do
- 27 T/F. Disagreements can be resolved if couples focus on the issues leading to the disagreement
- 28 T/F. We (will) get along at times but not every single minute
- 29 T/F. Happiness is important but is only part of what marriage is all about
- 30 T/F. Being apart is just as important as being together

Key: 1-15=T and represent an extremely idealized expectation of marriage; 16-30=F but they represent a realistic expectation of marriage. **Your ideal Score(Ques. 1-15)=_____ and your realism score (Ques.16-30)=_____.** Which score is higher or did you score about the same? Researchers have come to believe that one contributing factor of divorce and marital unhappiness is the over idealized and unrealistically high level of marital expectations. Studies suggest that by starting a marriage with more realistic expectations (or adjusting expectations after the honeymoon has worn off), couples are more personally empowered to negotiate a more stable and happy relationship. Talk about these important issues with someone. What other assessments might help your perceptions of realism?