

Self-Evaluation of Love

For your eyes only

This is a self-evaluation for how you are doing when it comes to Biblical Love as described in 1 Corinthians 13:4-8. This is only meant for your eyes and your personal reflection. Answer honestly so you can clearly evaluate where you are now, and where you can grow to.

Love is patient

1. I am patient in conflicts with my spouse.
2. I get very frustrated and keeping my patience is challenging in conflicts.
3. I yell during most all conflicts.
4. I abuse or get violent during conflicts

Love is kind

1. I remain kind during struggles in difficult and/or stressful times.
2. Kindness is challenging during difficult and/or stressful times.
3. I am frequently hateful and mean during difficult and/or stressful times.
4. I get to a place where I am emotionally abusive during difficult and/or stressful times

It does not envy

1. I'm supportive and encouraging of spouse's goals
2. I'm usually supportive and encouraging of spouse's goals
3. I'm unsupportive of most of spouse's goals
4. I discourage, Control, and stop my spouse from pursuing any goals.

It does not boast (Prideful)

1. I don't believe I have all the right answers and I'm open to understanding my spouse's point of view.
2. I have some competitiveness in me.
3. An attitude of arrogance and superiority prevails. I think I'm right most often. Right-fighting occurs frequently.
4. I frequently put spouse or their actions down.

It is not proud

1. I practice Humility.
2. It's difficult to admit my faults, but I will eventually.
3. I don't take critique well and won't listen to spouse's reasoning.
4. I actively discount spouse's point of view frequently.

It does not dishonor others (Rude)

1. I remain consistently polite during daily interaction and stressful times/conflict.
2. Sometimes, I can be rude or say cutting remarks to spouse during daily interaction and stressful times/conflict.
3. I'm frequently rude or say cutting remarks to spouse during daily interaction and stressful times/conflict.
4. I'm verbally/emotionally abusive.

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It is not self-seeking (Selfish)

1. I put spouse's needs first.
2. Sometimes I'm selfish.
3. I'm often times selfish
4. I am Resentful of my spouse and totally focused on my needs not getting met.

It is not easily angered (Not quick to take offense)

1. Anger is not a pattern of mine.
2. When I get angry, it's short-lived and I manage it okay.
3. Frequently, I get angry. I recognize it's a pattern.
4. When I get angry, I lose control of my words and sometimes, my actions.

It keeps no record of wrongs

1. I practice forgiveness as a norm.
2. Offenses resolve okay.
3. I tend to hold grudges for a long while.
4. I hold resentment over past issues and actions.

Love does not delight in evil (Wants no part in wrong-doing)

1. I hold myself to laws, a moral code of character, and spiritual standards, and don't ask my spouse to compromise their ideals.
2. Occasionally I compromise standards in some way, and ask or expect my spouse to compromise too.
3. I consistently compromise laws, moral code, spiritual standards and it's okay.
4. I demand compromise from my spouse in any of these ideals.

But rejoices with the truth

1. It's safe to be honest with me. I'm not reactive when my spouse is honest with me.
2. It's safe, most of the time for my spouse to be honest with me. My negative responses are minimal.
3. Frequently, when my spouse shares honestly with me, I react negatively.
4. I lose control when I hear my spouse share something I disagree with, troubling news or has failed in some way.

It always protects (Protective and Safety)

1. I'm emotionally safe and protect my spouse from harm.
2. I'm usually emotionally safe, but occasionally I talk negatively about my spouse to others.
3. I frequently disrespect my spouse personally and in front of others.
4. I'm outright disrespectful and I talk negatively about my spouse to others, consistently.

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Always trusts

1. I do not attempt to control my spouse or their actions in any way.
2. Normally, I lean towards trusting, when trust is questioned.
3. Suspicions are the norm.
4. I'm very controlling of spouse (physically, emotionally, spiritually, financially).

Always hopes (Basis for optimism in marriage)

1. I see my spouse in positive light. I'm respectful.
2. Normally, 2nd chances are extended to my spouse when they make a mistake or hurt me.
3. My spouse is seen in a negative light. I'm disrespectful towards spouse often.
4. I'm consistently critical and negative towards spouse.

Always perseveres. Love never fails (Doesn't give up)

1. I'm in a solid relationship. Giving up is not an option for me.
2. I put forth consistent effort to forgive, work through problems and hurt.
3. Frequently, I tell my spouse I want to end our relationship, need a break, or want a divorce.
4. I have quit pursuing my spouse and relationship.

Now count how many answers you marked of 1's, 2's, 3's, and 4's. Don't add the numbers, just count how many answers you marked for each number. Write it below. Which answer did you answer most often. Compare your most often answer to the key below.

1 _____

2 _____

3 _____

4 _____

If you marked the most on number ...

1: You are loving as defined in 1 Cor 13.

2: You are doing pretty good at loving your spouse but need to keep being intentional.

3: You are struggling. Individual or Couple's Counseling could be beneficial for you. Relationship could be in trouble.

4: Seek counseling for yourself and/or marriage. You are likely overwhelmed or struggling to cope.