

MORROW

# Marriage Risk Assessment

Before the Live Training

Is your marriage peaceful...  
or has your spouse stopped trying?

A diagnostic workbook for clarity, ownership, emotional safety, desire, and repair.

FILLABLE PDF

# How to Use This

Set aside 20–25 minutes of quiet. Do this alone, or do it together – but write your own answers first. Do not perform. Do not soften the answer to protect your ego or your partner’s feelings. There is no right answer. There is only an honest one.

Most couples spend years managing symptoms while the real issue keeps getting stronger in the background.

This assessment is not about blame. It is about clarity. The live training will matter more if you can see the pattern before you show up.

SECTION 1

# Where You Actually Are Right Now

Before you can move forward, you have to see clearly where you are standing.

- One of us wants more connection than the other is giving
- Sex has stopped, slowed way down, or feels like going through the motions
- We have the same fight over and over – different words, same argument
- One of us has checked out emotionally, even if we have not said it out loud
- I feel more like a roommate, co-parent, or business partner than a spouse
- When things get hard, one of us shuts down and the other escalates
- I feel unseen – like my partner does not really know who I am anymore
- Affection feels transactional, forced, or it has disappeared entirely
- There has been some form of betrayal – emotional, physical, digital, financial, or spiritual
- I have thought about separation or divorce, even if only for a moment
- I feel like I am the only one trying
- I feel like nothing I do is ever enough
- We are staying together, but I am not sure we are actually choosing each other
- I have lost myself somewhere in this marriage
- I carry more than my share, and I am exhausted
- The house looks fine from the outside, but inside it feels cold
- One of us is peaceful on the surface but resentful underneath
- I am hanging on to hope, but I do not know what I am hoping for

### How many did you check?

Example answer: 8. Seeing the number made it clear this is not just one hard week – this pattern has been growing for a long time.

Score guide: 0-3 = early drift. 4-7 = active drift. 8-12 = repeated breakdown pattern. 13+ = marriage risk issue, not just a communication issue.

### What is the state of my marriage right now?

Example answer: We are functioning, but we are not close. We can get through the week and look fine from the outside, but emotionally we feel more like partners managing life than spouses choosing each other.

SECTION 2

# Peace or Resignation?

The most dangerous marriage is not always loud. Sometimes it is quiet because one person stopped trying t

- The fighting has decreased, but the warmth has not returned
- One of us has stopped bringing up the hard things
- One of us says "it's fine" when it is clearly not fine
- I call it peace because there is less conflict, but there is also less connection
- My spouse no longer asks for what they used to ask for
- There are fewer complaints, but also fewer bids for closeness
- We can function as parents, providers, or partners, but not as lovers
- One of us feels easier to live with because we have stopped expecting much
- I do not know if the silence means peace or surrender

**What has your spouse stopped asking for?**

Example answer: My spouse has stopped asking for quality time, affection, real conversations, and help around the house. They used to bring these things up often, and now they mostly stay quiet.

**What have you stopped asking for?**

Example answer: I have stopped asking for warmth, sex, encouragement, and emotional honesty because I got tired of feeling rejected or starting another fight.

If the silence in your marriage could speak honestly, what would it say?

Example answer: It would say, "We are both tired. We do not know how to talk without hurting each other, so we have settled for distance and called it peace."

SECTION 3

# The Cycle You Keep Living

Most couples are not in a bad marriage. They are stuck in a repeated pattern.

Describe the argument you have most often. Not the topic – the dynamic.

Example answer: One of us brings up feeling disconnected, the other feels criticized and gets defensive, then the first person gets louder or colder. Eventually we both shut down, nothing gets resolved, and we act normal the next day.

- |   |   |
|---|---|
| <input type="checkbox"/> shut down          | <input type="checkbox"/> withdraw               |
| <input type="checkbox"/> go cold            | <input type="checkbox"/> get sarcastic          |
| <input type="checkbox"/> get angry          | <input type="checkbox"/> leave                  |
| <input type="checkbox"/> cry                | <input type="checkbox"/> people-please          |
| <input type="checkbox"/> bring up the past  | <input type="checkbox"/> threaten               |
| <input type="checkbox"/> go quiet for days  | <input type="checkbox"/> look for reassurance   |
| <input type="checkbox"/> explain too much   | <input type="checkbox"/> defend myself          |
| <input type="checkbox"/> try to fix it fast | <input type="checkbox"/> avoid the conversation |

What does your reaction look like specifically?

Example answer: I get quiet, short, and distant. I tell myself I am keeping the peace, but really I am punishing my spouse and waiting for them to notice that I am hurt.

**After a bad fight or disconnected week, how does it “end” without resolving?**

Example answer: We give each other space, then slowly start acting normal again. Someone makes dinner, sends a practical text, or asks about the kids, but we never repair the actual hurt.

**How long has this cycle been running?**

Example answer: 3-5 years. Long enough that it feels normal, even though it is not healthy.

- |  |  |
|--|--|
| <input type="checkbox"/> Trust   | <input type="checkbox"/> Touch             |
| <input type="checkbox"/> Sex   | <input type="checkbox"/> Friendship        |
| <input type="checkbox"/> Respect   | <input type="checkbox"/> Peace in the home |
| <input type="checkbox"/> Emotional honesty                                     | <input type="checkbox"/> Spiritual unity   |
| <input type="checkbox"/> Confidence  | <input type="checkbox"/> Hope              |
| <input type="checkbox"/> The version of myself I wanted to be in this marriage |  |

**The cost I feel the most is:**

Example answer: The cost I feel most is friendship. We used to laugh, flirt, and feel like a team. Now we mostly coordinate logistics and avoid setting each other off.

## SECTION 4

# What You Have Already Tried

Effort is not the missing ingredient. The missing ingredient is usually the right diagnosis and process.

- Couples therapy or counseling
- Individual therapy
- "The talk" about how things need to change
- Marriage, relationship, or communication books
- A trial separation or time apart
- Making promises to change
- Giving ultimatums
- Giving in to keep the peace
- Taking space and hoping things reset
- More date nights, vacations, or quality time
- Prayer, faith community, or pastoral counseling
- Anger management
- Sobriety or addiction programs
- Porn or sex addiction programs
- Trying to have more sex without rebuilding connection
- Working harder, earning more, or providing more
- Pushing through and hoping it gets better
- Checking out while still living together

**Which of these helped, even temporarily?**

Example answer: Counseling helped us slow down and understand some patterns, and date nights helped for a few days, but neither changed how we handled conflict when triggered.

**Why did it not last?**

Example answer: It did not last because we changed behaviors for a short time, but we did not rebuild trust, emotional safety, or the way we repair after conflict.

**Complete this sentence: "I have tried everything I know how to try, and I still do not understand why..."**

Example answer: ...we keep coming back to the same cold distance, even after we both say we want things to be different.

SECTION 5

# Provider or Present Leader?

Provision matters. But provision is the floor, not the marriage.

Rate each statement from 1 to 5. 1 = Never true | 2 = Rarely true | 3 = Sometimes true | 4 = Often true | 5 = Almost always true

STATEMENT	MY RATING
My work gets my best focus and my marriage gets what is left	
Clients, customers, staff, or church members get a calmer version of me than my spouse does	
I know my business numbers better than I know where my spouse stands emotionally	
I use how hard I work as proof that I care	
I assume my spouse should feel grateful because of what I provide	
I am physically home but mentally somewhere else	
My family has learned to manage my mood, stress, silence, or reactions	
I lead under pressure outside the home but avoid leadership conversations inside the home	
I solve fast instead of listening fully	
I confuse being in the room with being present	

**The statement that stings the most:**

Example answer: My work gets my best focus and my marriage gets what is left.

**What would your spouse say they get from you after everyone else already got your best?**

Example answer: They would say they get the tired, distracted, impatient version of me – the version that wants peace, food, screens, and no more demands.

SECTION 6

# Emotional Safety Audit

Emotional safety means your spouse can tell the truth without paying for it afterward.

- My spouse edits what they say because of how I react
- I defend myself before I understand them
- I interrupt, explain, correct, minimize, or counterattack
- I say "I did not yell" as proof that I handled it well
- I go silent in a way that punishes or controls the room
- My spouse has said some version of "you do not listen"
- My spouse brings up the same hurt because it has not actually been repaired
- I apologize quickly but do not always change the pattern
- I make the conversation about how they said it instead of what they are trying to say
- I want honesty, but I punish honesty when it hurts

**What does your spouse have to manage when they tell you the truth?**

Example answer: They have to manage my tone, defensiveness, facial expression, and tendency to explain why I did what I did instead of first understanding how it affected them.

What would it look like for you to become safer without becoming passive?

Example answer: It would look like staying calm, asking better questions, owning my part quickly, and still being clear about what I need without blaming, collapsing, or controlling.

SECTION 7

# Desire and the Bedroom Scoreboard

The bedroom is usually not where the problem started. It is where the rest of the marriage eventually sho

- Sex is absent, rare, avoided, mechanical, or duty-based
- One of us wants sex and the other feels pressure around it
- Physical affection has decreased outside the bedroom too
- I feel unwanted, rejected, used, or pursued for the wrong reasons
- We avoid talking honestly about sex because it turns into pressure, shame, or blame
- I have treated sex like the problem instead of the signal
- I want desire back but do not know what died before desire disappeared
- I feel more like an ATM, roommate, co-parent, or obligation than a chosen spouse
- There is resentment under the lack of intimacy
- The lack of sex is easier to complain about than the lack of safety, pursuit, repair, or emotional connection

**When did desire start changing?**

Example answer: Desire started changing after years of unresolved conflict. The sex did not disappear all at once. It faded as resentment, pressure, exhaustion, and distance became normal.

**What changed emotionally before it changed physically?**

Example answer: Emotional safety changed first. We stopped feeling chosen, understood, and protected with each other. After that, physical intimacy started feeling loaded instead of natural.

If the bedroom is a scoreboard, what is it currently telling you?

Example answer: The lack of desire is showing us that we have not just lost physical intimacy. We have lost safety, warmth, pursuit, playfulness, and trust.

SECTION 8

# Hidden Betrayals and Infidelity Risk

Betrayal is betrayal. This section identifies patterns that make a marriage vulnerable before damage gets

- There has been physical infidelity
- There has been emotional intimacy with someone outside the marriage
- Porn, masturbation, dating apps, Instagram, or online attention have become a secret escape
- One or both of us gets a “visual fix” from social media or online attention
- One or both of us vents about the marriage to friends, family, coworkers, or online instead of repairing directly
- Work has become a way to avoid coming home, facing conflict, or being emotionally present
- Alcohol, substances, food, spending, scrolling, TV, gaming, or busyness have become ways to numb out
- One or both of us has threatened to get attention, sex, validation, or comfort somewhere else
- Broken promises have made trust feel unsafe even when there has not been an affair
- One or both of us feels more emotionally understood by someone outside the marriage than inside it
- Emotional safety has been missing long enough that honesty feels risky
- I can see how small betrayals have made larger betrayal more possible

**What forms of escape, secrecy, or outside validation have become normal in or around your marriage?**

Example answer: I stay busy and use work as a way to avoid coming home fully. My spouse vents to friends because they do not feel heard by me. Neither one looks like an affair on the surface, but both have become exits from the marriage.

**Where has trust been weakened by repeated small betrayals, even if there has not been a physical affair?**

Example answer: The biggest issue is reliability. I say I will change, be home, put the phone down, or have the hard conversation, and then I do not follow through. That has made my words feel cheap.

**What would need to be brought into the light for repair to become possible?**

Example answer: We would need to be honest about the escapes we use, the people we vent to, the sexual disconnection, the resentment, and the ways we both look for relief instead of repair.

SECTION 9

# Your Role in the Pattern

Not because you caused everything, but because you are the only person in your marriage you can actually

Rate each statement from 1 to 5. 1 = Never true | 2 = Rarely true | 3 = Sometimes true | 4 = Often true | 5 = Almost always true

STATEMENT	MY RATING
I wait for my partner to change before I fully show up	
I keep score – I track what I give and what I get back	
I say I am fine when I am not	
When I am hurt, I punish my partner in subtle ways: silence, coldness, withdrawal, sarcasm, distance	
I bring up the past in current arguments	
I need my partner's approval, desire, or warmth to feel confident in myself	
I give with an expectation – even a silent one – of getting something back	
I express my needs by hoping my partner will notice	
When my partner is not responding the way I need, I escalate or shut down completely	
I have been waiting to be seen, heard, or chosen, but I have not asked clearly for what I need	
I am trying to fix my partner instead of working on myself	

I interpret my partner's bad behavior as proof of how they feel about me

I use provision, sacrifice, or exhaustion as a reason to avoid repair

I lead other people more intentionally than I lead myself at home

I confuse not yelling with being emotionally safe

I want my spouse to soften before I take ownership

**The statement I cannot dismiss:**

Example answer: I want my spouse to soften before I take ownership.

**Why it stings:**

Example answer: It stings because I keep waiting for proof that they care before I become the kind of spouse I know I should be.

**What would it look like if I changed this – just this one thing?**

Example answer: I would stop making my effort conditional. I would own my part first, repair faster, and lead the next conversation instead of waiting for them to make it easy.

Have you been solving symptoms or the root cause? What is the difference in your marriage specifically?

Example answer: We have been solving symptoms. We argue about sex, chores, tone, money, and time, but the root issue is that we do not feel emotionally safe, wanted, or consistently chosen.

SECTION 10

# What You Actually Want

Somewhere under the pain, exhaustion, distance, and repetition, there is a version of your marriage you s

**Describe your dream marriage. Not perfect – real. What does it look, feel, and sound like on an ordinary Tuesday?**

Example answer: It looks like coming home to someone I actually feel close to. We talk without walking on eggshells, laugh about normal things, touch without pressure, and feel like we are on the same team again.

**What does intimacy look like in the marriage you want?**

Example answer: Intimacy looks like honesty without fear, affection without pressure, sex that feels connected instead of negotiated, prayer or shared values, and real partnership in decisions.

**What would have to be different in you for that marriage to be possible?**

Example answer: I would need to stop defending myself so quickly, be more honest about what I need, follow through on small promises, and become more emotionally present at home.

Yes, without hesitation

Yes, but I am scared

I want to believe it is possible, but I do not yet

I am not sure anymore

**What is holding you back?**

Example answer: I am afraid I will put in the effort and still be rejected. I am also afraid to admit how much damage has already happened.

SECTION 11

# What This Will Cost If Nothing Changes

Drift has a price. Most couples only count the cost after the marriage has already changed shape.

- Trust
- Sexual desire
- Spiritual connection
- Peace in the home
- Friendship
- Your children's sense of security
- Emotional safety
- Parenting unity
- Respect
- Honesty
- Your health
- Your ability to believe repair is possible

**What will this cost you if you wait until one person is already done?**

Example answer: It could cost us trust, intimacy, our family stability, our faith in each other, and years of emotional distance that will be much harder to repair later.

**What conversation are you afraid will happen if this pattern keeps running?**

Example answer: I am afraid one of us will finally say, "I do not want to do this anymore," and it will not be a threat. It will be a decision.

What would make the next 90 days worth fighting for?

Example answer: If we could rebuild honest conversation, feel safe with each other again, and see real evidence that the pattern is changing, the next 90 days would be worth everything.

# Before You Show Up Live

Bring these answers to the training.

**The one thing I want most from my marriage that I am not getting:**

Example answer: I want to feel wanted, respected, and emotionally close again – not just needed for responsibilities.

**The one thing I keep doing in conflict that I want to stop:**

Example answer: I want to stop getting defensive and turning the conversation into a debate about whether my spouse is allowed to feel hurt.

**The one thing I have never said out loud to my partner that I need them to understand:**

Example answer: I am scared that we are becoming people who only manage life together instead of people who actually love, desire, and choose each other.

**The one pattern I can no longer pretend is normal:**

Example answer: I can no longer pretend that going quiet for days and then acting normal is the same thing as repair.

The one cost of waiting that I am no longer willing to pay:

Example answer: I am no longer willing to pay with more lost years, more distance, and more damage to the way we see each other.

On the live training, we are going to show you why most couples keep treating communication, conflict, and sex like separate problems when they are usually symptoms of the same deeper pattern. You will see the three shifts required to rebuild leadership, emotional safety, and desire before the marriage reaches the point where one person is physically present but emotionally gone.

# You are not stuck because you have not tried hard enough.

You are stuck because the pattern has not been properly diagnosed,  
interrupted, and rebuilt.

[SEE YOU ON THE LIVE TRAINING](#)

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