THE MARRIAGE MIRROR

A Personal
Readiness
Assessment for
Covenant Marriage

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WELCOME

Before you ask whether someone else is ready to become your spouse, it is worth asking a more personal question:

Am I becoming someone who is prepared to be a healthy, faithful, and responsible spouse?

Marriage has a way of revealing what singleness allowed us to avoid. It exposes our habits, expectations, wounds, fears, communication patterns, financial choices, and understanding of love.

This assessment is not designed to tell you whether you deserve marriage. Marriage is not a reward for reaching perfection.

It is designed to help you recognize where you are growing, where you may be vulnerable, and where greater preparation may be needed.



The purpose of a mirror is not to shame you. It is to help you see clearly.

HOW TO COMPLETE THE ASSESSMENT

Read each statement and rate yourself from 1 to 5

1 Rarely true of me
2 Occasionally true of me
3 Sometimes true of me
4 Usually true of me
5 Consistently true of me

Choose the answer that most accurately represents your current behaviour, not your intentions.

At the end of each section, add your score and answer the reflection question honestly.

Your final score is useful, but it does not tell the whole story. Pay close attention to any statement you rated as a 1 or 2.

This is not a pass or fail exercise. It is an invitation to become more aware, more responsible, and better prepared for the marriage you hope to build.

Using the digital version?

Download the assessment to your device and open it in the **free Adobe Acrobat Reader** app before entering your responses. Remember to save your completed copy to your device.

DOWNLOAD ADOBE ACROBAT READER

SECTION ONE

SELF-AWARENESS AND HEALING

Marriage does not erase unresolved patterns. It often brings them closer to the surface.

The more clearly you understand your emotions, triggers, habits, fears, and past experiences, the less likely you are to make your spouse responsible for wounds they did not create.

Rate yourself honestly from 1 to 5.

1. I can recognize when a past experience is influencing how I interpret a present situation.

1 2 3 4 5

A previous betrayal, rejection, disappointment, or family experience can affect the way you respond to someone who has not caused the original wound. Self-awareness helps you separate what is happening now from what happened before.

2. I take responsibility for managing my emotions without expecting another person to regulate them for me.

1 2 3 4 5

A spouse can offer comfort, patience, and support, but they cannot become solely responsible for your emotional stability. Healthy partnership requires the ability to communicate what you feel while remaining responsible for how you handle it.

3. I can identify recurring patterns in my relationships, including the role I have played in them.

1 2 3 4 5

Growth becomes difficult when every failed or unhealthy relationship is explained only by what the other person did. Maturity requires the courage to examine your own choices, reactions, boundaries, and blind spots.

4. I am willing to seek healing, guidance, or support when I recognize that I cannot work through something alone.

1 **2** **3** **4** **5**

Some issues require more than prayer, time, or good intentions. Wisdom may include speaking with a trusted spiritual leader, counsellor, coach, or qualified professional. Readiness includes knowing when support is necessary and being willing to receive it.

YOUR SECTION SCORE

Add your ratings for this section.

Self-Awareness and Healing Score: _____ / 20

SECTION ONE

PAUSE AND REFLECT

Which past experience, emotional trigger, or recurring relationship pattern is most likely to affect the way you show up in marriage?

What responsibility do you need to take for addressing it?

SECTION TWO

CHARACTER AND ACCOUNTABILITY

Marriage requires more than strong feelings and good intentions. It requires character that remains steady when you are disappointed, corrected, inconvenienced, or tempted to protect your pride.

Accountability is not punishment. It is the willingness to tell the truth, accept responsibility, repair what you have damaged, and make the changes your words promise.

5. I can receive correction without immediately becoming defensive, dismissive, or withdrawn.

1 2 3 4 5

Correction can feel uncomfortable, especially when it exposes something you did not recognize in yourself. Maturity allows you to listen, consider what is being said, and respond thoughtfully rather than treating every concern as an attack.



6. When I have caused harm, I can apologize without making excuses, shifting blame, or focusing only on my intentions.

1 2 3 4 5

Good intentions do not erase painful impact. A sincere apology acknowledges what happened, takes responsibility for it, and makes room for the other person's experience without demanding immediate forgiveness.

7. My private choices are consistent with the values and character I present publicly.

1 2 3 4 5

Integrity is who you are when no one is watching. Marriage requires honesty in your habits, finances, communication, sexuality, commitments, and use of time. A hidden life eventually affects the shared life you are trying to build.



8. When I recognize an unhealthy behaviour in myself, I take practical steps to change it.

1 **2** **3** **4** **5**

Awareness without action does not produce growth. Change may require new boundaries, difficult conversations, accountability, professional support, spiritual discipline, or consistent practice over time.

YOUR SECTION SCORE

Add your ratings for this section.

Character and Accountability Score: _____ / 20

SECTION TWO

PAUSE AND REFLECT

How do you usually respond when someone you trust points out a weakness, inconsistency, or hurtful behaviour?

Is there an apology, correction, or change you have been avoiding?

What would taking full responsibility look like in that situation?

SECTION THREE

COMMUNICATION AND CONFLICT

Healthy communication is not simply the ability to speak openly. It also requires listening, emotional restraint, honesty, respect, and a willingness to work toward understanding.

Conflict does not automatically damage a relationship. The way conflict is handled determines whether it creates greater understanding or deeper disconnection.

9. I can express hurt, disappointment, or disagreement without attacking, insulting, threatening, or shutting down.

1 2 3 4 5

Pain does not give us permission to become cruel, disrespectful, or emotionally unavailable. Marriage requires the ability to speak honestly while still protecting the dignity and emotional safety of your spouse.

10. I can listen to another person's concerns without interrupting, preparing my defence, or making the conversation about me.

1 **2** **3** **4** **5**

Listening is more than remaining quiet until it is your turn to speak. It requires curiosity, patience, and a sincere effort to understand what the other person is trying to communicate.

11. I am willing to address problems directly instead of avoiding them, pretending they do not exist, or allowing resentment to build.

1 **2** **3** **4** **5**

Avoidance may create temporary calm, but unresolved issues rarely disappear. They usually return through distance, frustration, passive behaviour, or repeated conflict. Healthy relationships require timely and respectful conversations.

12. After conflict, I am willing to participate in repair, even when I still feel disappointed or misunderstood.

1 2 3 4 5

Repair may include apologizing, clarifying what was misunderstood, offering reassurance, changing a behaviour, or revisiting the conversation when both people are calmer. Conflict is not fully resolved simply because the arguing has stopped.

YOUR SECTION SCORE

Add your ratings for this section.

Communication and Conflict Score: _____ / 20

SECTION THREE

PAUSE AND REFLECT

What usually happens to you during conflict?

Do you become louder, quieter, defensive, dismissive, controlling, avoidant, or emotionally overwhelmed?

Which communication habit is most likely to make your future spouse feel unheard or unsafe?

What would healthier repair look like for you after a disagreement?

SECTION FOUR

COVENANT AND COMMITMENT

Marriage is more than companionship, romance, or finding someone who makes life feel better. It is a covenant that requires faithfulness, sacrifice, endurance, wisdom, and a willingness to consider another person in the way you live and make decisions.

Commitment is revealed most clearly when love requires something from you.

13. I understand that marriage will require sacrifice, compromise, and seasons of inconvenience.

1 2 3 4 5

Marriage will not always fit neatly around your preferences, routines, comfort, or plans. Partnership requires flexibility and a willingness to consider what is best for the marriage, not only what is easiest for you.

14. I can remain committed to working through difficulty without using withdrawal, threats, or the possibility of leaving as a way to gain control.

1 2 3 4 5

Commitment does not mean tolerating abuse, betrayal, or ongoing harm. It does mean refusing to treat the relationship as disposable whenever conflict, disappointment, or discomfort arises.

15. I am willing to be faithful in my thoughts, communication, choices, and behaviour.

1 2 3 4 5

Faithfulness is not limited to avoiding a physical affair. It also includes emotional boundaries, honesty, appropriate relationships with others, sexual integrity, and protecting the trust that marriage requires.



16. I desire marriage for reasons that extend beyond loneliness, social pressure, age, attraction, or the desire to be chosen.

1 **2** **3** **4** **5**

Wanting companionship is natural, but marriage cannot safely carry the responsibility of proving your worth or rescuing you from an unfulfilled life. Readiness includes understanding why you want marriage and whether those reasons can support a healthy covenant.

YOUR SECTION SCORE

Add your ratings for this section.

Covenant and Commitment Score: _____ / 20

SECTION FOUR

PAUSE AND REFLECT

What do you believe marriage will require from you that singleness does not?

When commitment is tested, what do you protect first: your comfort, pride, independence, or image?

Why do you want marriage, and what is driving that desire? Be honest with yourself.

SECTION FIVE

PRACTICAL PARTNERSHIP

Marriage is lived out in ordinary decisions. It requires cooperation, transparency, flexibility, and a willingness to carry responsibility consistently.

Many relationships are not weakened by a lack of love. They are weakened by unclear expectations, poor habits, unequal effort, and an unwillingness to discuss practical matters honestly.

17. I am honest and responsible in the way I manage money.

1 2 3 4 5

Financial habits affect trust, stability, and decision-making in marriage. Readiness includes understanding your income, debt, spending, saving, and financial obligations. It also includes being willing to discuss them openly.

18. I am willing to share responsibility for the daily work required to maintain a home and family.

1 2 3 4 5

A healthy partnership cannot function well when one person carries the mental, emotional, or practical weight of the household alone. Marriage requires consistent contribution, not occasional assistance.

19. I can make important decisions with another person instead of assuming that my preferences should take priority.

1 2 3 4 5

Marriage requires consultation and cooperation. Decisions about money, work, family, children, housing, health, and time affect both spouses. Partnership means learning how to consider another person without becoming controlling or passive.



20. I can establish and maintain healthy boundaries with family, friends, former partners, work, and outside responsibilities.

1 **2** **3** **4** **5**

Marriage creates a new primary partnership. Healthy boundaries protect that partnership from unnecessary interference, divided loyalty, inappropriate access, and outside demands that repeatedly take priority.

YOUR SECTION SCORE

Add your ratings for this section.

Practical Partnership Score: _____ / 20

SECTION FIVE

PAUSE AND REFLECT

Which part of sharing a life would be hardest for you? Money, space, household responsibilities, family involvement, or something else?

What financial habits, obligations, health matters, family responsibilities, or lifestyle expectations would a future spouse need to understand?

Where are you most likely to expect partnership without offering equal responsibility?

SECTION SIX

FAITH AND SPIRITUAL ALIGNMENT

A shared faith does not automatically create a healthy marriage. Two people can believe in God and still struggle with pride, poor judgment, weak boundaries, dishonesty, or an unwillingness to grow.

Spiritual readiness requires more than identifying as a Christian. It requires a genuine relationship with God, a willingness to obey Him, and an understanding that marriage should reflect His character in the way both spouses love, serve, forgive, lead, support, and make decisions.

21. My relationship with God is active and personal, not dependent on a spouse to sustain it for me.

1 2 3 4 5

A spouse can encourage your faith, pray with you, and walk beside you, but they cannot become your spiritual foundation. Marriage is healthier when both people are already taking responsibility for their own relationship with God.

22. I am willing to allow biblical truth to correct my desires, behaviour, and expectations.

1 2 3 4 5

Spiritual maturity is not measured only by how often you pray, attend church, or quote Scripture. It is also revealed by your willingness to obey God when His instruction challenges what you want, exposes your pride, or requires you to change.

23. I understand that biblical marriage requires love, service, honour, responsibility, and mutual consideration.

1 2 3 4 5

Marriage is not an opportunity to gain authority over another person, avoid personal responsibility, or demand that someone meet all your needs. Both spouses are called to reflect the character of Christ in the way they treat one another.

24. I can discern the difference between spiritual compatibility, emotional excitement, and personal preference.

1 2 3 4 5

Attraction and chemistry can be powerful, but they do not confirm shared purpose, character, wisdom, or spiritual alignment. Readiness includes evaluating a relationship clearly rather than using desire as proof that God has approved it.

YOUR SECTION SCORE

Add your ratings for this section.

Faith and Spiritual Alignment Score: _____ / 20

SECTION SIX

PAUSE AND REFLECT

How would you describe your relationship with God when no one else is watching?

Which biblical expectation of marriage would be hardest for you to live out consistently?

Have you ever mistaken strong feelings, timing, attraction, or personal desire for God’s confirmation? What did that teach you?

UNDERSTANDING YOUR RESULTS

Your scores are not a verdict on your worth, your future, or your ability to have a healthy marriage.

They are a snapshot of how prepared you currently appear to be in six important areas of marriage.

Self-Awareness and Healing: _____ / 20
Character and Accountability: _____ / 20
Communication and Conflict: _____ / 20
Covenant and Commitment: _____ / 20
Practical Partnership: _____ / 20
Faith and Spiritual Alignment: _____ / 20

YOUR TOTAL SCORE

Add all six section scores.

Total Score: _____ / 120

Your total score can provide a general overview, but it should never be considered without reviewing your individual answers.

A strong total score can still hide one area that may create serious difficulty in marriage. Pay close attention to every statement you rated as a 1 or 2.

INTERPRETING EACH SECTION

17 TO 20: A DEVELOPED STRENGTH

You appear to have a strong and consistent foundation in this area.

Continue practising the habits that produced this score. Remain humble, open to correction, and willing to grow. Strength does not mean there is nothing more to learn.

Ask yourself: How can I continue developing this strength without becoming overconfident or inflexible?

INTERPRETING EACH SECTION

13 TO 16: A GROWING FOUNDATION

You appear to understand the importance of this area and may already demonstrate several healthy habits.

However, your consistency may depend on the situation, the person involved, or how emotionally comfortable you feel. Focus on the statements you rated lowest and consider what prevents you from responding more consistently.

Ask yourself: What would help me become more dependable in this area?

9 TO 12: AN AREA REQUIRING ATTENTION

This area may currently create vulnerability in a serious relationship or marriage.

You may understand what healthy behaviour looks like but struggle to practise it consistently. You may also have patterns, fears, beliefs, or habits that require deeper examination.

Do not dismiss this score or assume marriage will naturally correct it. Marriage often increases the pressure on areas that are already underdeveloped.

Ask yourself: What am I currently avoiding, minimizing, or hoping marriage will fix for me?

4 TO 8: A PRIORITY FOR GROWTH

This area requires honest and intentional attention before entering or progressing toward marriage.

A low score does not mean you are incapable of growth. It does suggest that this area could place significant pressure on you, your spouse, and the health of the marriage if it remains unaddressed.

Consider seeking wise support from a qualified counsellor, coach, pastor, mentor, financial professional, or another appropriate resource.

Ask yourself: What support, accountability, or practical change do I need to begin now?

HOW TO READ YOUR TOTAL SCORE

101 TO 120: STRONG OVERALL PREPARATION

Your answers suggest that you have developed many of the qualities and habits required for a healthy marriage.

Continue examining your lowest-rated statements. Do not allow a strong total to distract you from a specific weakness that still requires attention.

Marriage readiness is not proven by confidence alone. It is demonstrated through consistent character, wise choices, and a willingness to remain teachable.

81 TO 100: A SOLID FOUNDATION WITH ROOM TO GROW

Your answers suggest that you have a meaningful foundation, but there are still areas that deserve greater consistency and attention.

You may be ready to continue preparing for marriage while working intentionally on the categories in which you scored lower.

Use your results to create a focused plan rather than trying to improve everything at once.

61 TO 80: IMPORTANT PREPARATION IS STILL NEEDED

Your answers suggest that several areas may require deeper work before marriage can be approached with wisdom and stability.

This is not a reason for shame or discouragement. It is an opportunity to become more honest about what needs your attention.

Focus on the patterns that are most likely to affect trust, safety, communication, responsibility, and spiritual alignment.

24 TO 60: PAUSE AND PRIORITIZE YOUR PREPARATION

Your answers suggest that significant areas of growth may need to be addressed before pursuing or progressing toward marriage.

Do not rush your timeline because of age, loneliness, pressure, or fear of missing an opportunity.

Preparation is not punishment. It is protection.

Choose one or two priority areas and begin working on them with honesty, structure, and appropriate support.

IMPORTANT QUESTIONS TO CONSIDER

Which section received your highest score?

What do you believe helped you develop strength in this area?

Which section received your lowest score?

What patterns, experiences, habits, or beliefs may have contributed to this score?

Which statements did you rate as a 1 or 2?

Which of these could cause the greatest difficulty in a marriage?

Is there anything you answered more generously than your behaviour supports?

YES ☐ **NO** ☐ **If yes, why?**

What truth did this assessment reveal that you may need to stop avoiding?

YOUR PERSONAL PREPARATION PLAN

Awareness is valuable, but it must eventually lead to action.

You do not need to correct every weakness at once. Choose the areas most likely to affect the health of a future marriage, then begin working on them with honesty and consistency.

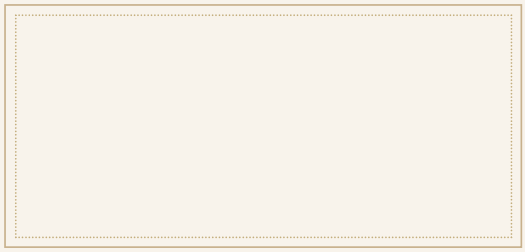
MY TOP TWO PRIORITY AREAS

Priority One

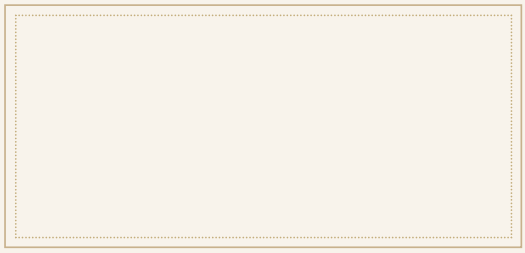
Why does this area need my attention?

What behaviour, belief, habit, or pattern needs to change?

What is one practical step I can take within the next seven days?

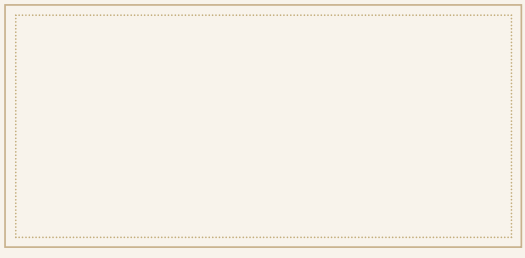


Who or what could support me in this area?

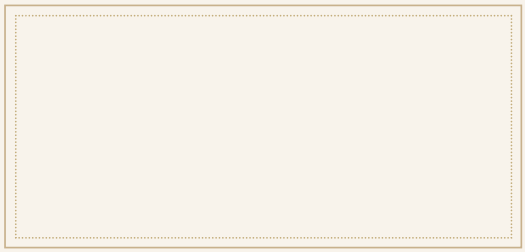


PRIORITY TWO

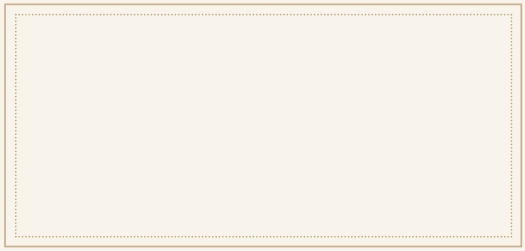
Why does this area need my attention?



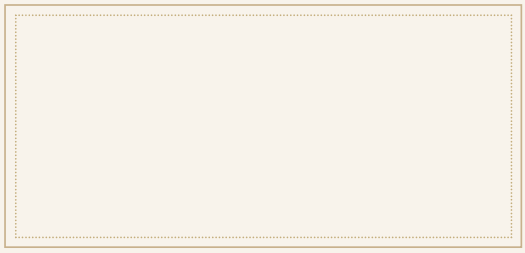
What behaviour, belief, habit, or pattern needs to change?



What is one practical step I can take within the next seven days?



Who or what could support me in this area?



THE CONVERSATION I NEED TO HAVE

Is there a conversation you have been postponing with God, yourself, a trusted person, or someone you are currently dating?

What needs to be said honestly?

What outcome are you hoping for?

THE SUPPORT I MAY NEED

Growth does not always happen privately. Some areas require wisdom, accountability, instruction, or professional support.

Which form of support would be most helpful for you right now?

- [ ] **Prayer and spiritual guidance**
- [ ] **Individual counselling**
- [ ] **Relationship coaching**
- [ ] **Financial guidance**
- [ ] **Accountability from a trusted mentor**
- [ ] **Education or practical resources**
- [ ] **An honest conversation with someone I trust**
- [ ] **Other: _____**

What has prevented you from seeking this support?

What will you do next?

SUPPORT ONLY HELPS WHEN YOU USE IT

Knowing what you need is not the same as receiving it. Growth often begins with one honest step, making the call, asking the question, setting the appointment, or telling someone you are ready for help.

MY COMMITMENT TO PREPARATION

Complete the statement below.

Before I ask someone else to be prepared for marriage, I am willing to take responsibility for:

The first step I will take is:

I will begin by:

Date: _____

REVISIT YOUR RESULTS

Return to this assessment in three to six months.

Complete it again based on your behaviour during that period, not on what you intended to change.

Growth may not always be dramatic. Look for greater honesty, consistency, humility, responsibility, and wisdom.

Preparation is not about becoming flawless. It is about becoming increasingly capable of loving another person with truth, maturity, faithfulness, and care.

A FINAL WORD

Marriage preparation is not about proving that you are worthy of love.

It is about becoming honest about the way you love, the way you respond, the way you carry responsibility, and the kind of partnership you are prepared to build.

You may have discovered areas of strength in this assessment. Honour the work that helped you develop them. You may also have uncovered areas that need attention. Do not allow embarrassment, fear, or impatience to make you rush past what has been revealed.

What you address now may protect you from repeating painful patterns later.

You do not need to become perfect before marriage. No one enters marriage without areas in which they still need to grow. You do, however, need to be willing to tell the truth, receive wisdom, take responsibility, and continue becoming more mature.

A healthy marriage is built by two people who are willing to grow, repair, remain accountable, and honour the covenant they have chosen.

ANCHOR SCRIPTURE

“Every way of a man is right in his own eyes: but the Lord pondereth the hearts.”

Proverbs 21:2, KJV

It is easy to evaluate yourself according to your intentions, your feelings, or the version of yourself you hope others see.

God looks deeper.

Invite Him to reveal what needs healing, strengthening, surrendering, or correcting. Then have the courage to respond to what He shows you.

A PRAYER FOR PREPARATION

Heavenly Father,

Thank You for allowing me to see myself more clearly. Help me to recognize the qualities You have already developed in me, and give me the humility to acknowledge the areas that still require growth.

Reveal the patterns, fears, habits, and expectations that could interfere with the marriage I hope to build. Teach me to communicate with wisdom, receive correction with humility, take responsibility for my choices, and love with patience, honesty, faithfulness, and care.

Prepare me to be a spouse who reflects Your character.

Give me the discernment to choose wisely, the patience to honour Your timing, and the courage to do the work that preparation requires.

In the mighty name of Jesus I pray, Amen.

YOU DO NOT HAVE TO UNPACK THIS ALONE

Sometimes an assessment confirms what you already knew.

Other times, it reveals a pattern you cannot fully understand or a question you are unsure how to answer.

If you would benefit from a private conversation about your results, your relationship patterns, or the areas in which you may need greater preparation, you are invited to schedule a complimentary 20-minute Discovery Call with Nicole Melissa.

This conversation is an opportunity to discuss what surfaced and determine whether further guidance may be helpful.

ABOUT NICOLE MELISSA

Nicole Melissa is a Christian Matchmaker and Relationship Consultant who helps individuals prepare for healthy, God-centred relationships and covenant marriage.

Through honest reflection, practical guidance, and biblical wisdom, she helps clients identify the patterns that may be interfering with the love and partnership they desire.

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