

Oneness Thinking and Living Inventory

Consider the following questions and evaluate yourself as honestly as you can. Contemplating these kinds of things may help you to know if you are thinking and living as one, and to see areas where you need to grow in your relationship with your spouse.

Rating scale: 0 = never; 1 = seldom; 2 = sometimes; 3 = frequently; 4 = almost always; 5 = always. Simply write the appropriate number in the box before each question, then add up your numbers and write the total in the space provided. Higher numbers are better.

If you want additional insight about how you are doing, ask your spouse about your ratings.

- Do I prioritize my relationship with Christ first and with my spouse second?
- Do I work hard at being unselfish in the ways that I relate to my spouse?
- Do I respond calmly, gently, and kindly to offenses from my spouse?
- Do I resist easily showing irritation with my spouse?
- Do I willingly and actively participate in prayer with and for my spouse as a normative part of our married life?
- Am I slow in becoming angry with my spouse?
- On a daily basis, do I tell my spouse that I love him/her?
- Do I daily initiate physical affection with my spouse and regularly initiate sexual relations?
- Do I speak well of my spouse in front of others, especially our family members?
- Do I strive to be better at considering my spouse than I am at considering myself?
- Do I speak lovingly and in an honoring way to my spouse?
- Do I express sympathy, compassion, and kindness to my spouse when he/she is not feeling well or is troubled?
- Do I regularly do things for my spouse without being asked because I know it will please him/her?
- Do I prioritize "us time" over "me time," even if I think I need or deserve a break?
- Do I seek my spouse's help by asking him/her to point out something about me of which I need to be made aware in order to make a change?
- If asked to help my spouse, do I do exactly what is asked and even more?

- Do I discuss our finances/budget with my spouse, and am I on the same page with him/her about spending, saving, and giving of our money and resources?
- When anything happens in my life that is happy, sad, frustrating, or funny, is my spouse the first person I want to tell?
- Am I aware that I can be wrong about things, and do I clearly communicate that to my spouse?
- Do I communicate and conduct myself with humility in relationship to my spouse?
- Am I committed not to make decisions unilaterally, but to consider and consult my spouse so that we may make decisions together?
- When there is conflict or hurt feelings, do I prioritize responding biblically and right away, instead of withdrawing, avoiding, or controlling, or blowing up?
- Do I recognize that not everything that I think needs to be said to my spouse - especially in terms of criticism or harshness?
- Do I spontaneously and naturally speak about God's Word and spiritual things with my spouse?
- If my spouse asks for my input or opinion, am I careful to respond honestly, but in an honoring and respectful way, because I believe that our marriage is much more important than expressing my point of view about everything?
- I may think that I am a good or better organizer than my spouse and find it easy to make decisions for our family, but do I consult my spouse and involve him/her in the process, realizing he/she may have valuable input toward the decision?
- Do I try not to indulge myself and sleep in - especially when my spouse is awake and working - even when I am tired and feel I didn't get enough sleep?
- Am I careful not to raise my voice, even if I am trying to get my point across more clearly?
- Even when I am hurt by my spouse, do I purposely choose to think the best of him/her?
- Do I try to look for ways to "go the second mile" for my spouse; to do more than what is normally asked or expected?
- Is it my perspective that just because I earn money doesn't mean I can decide how to spend it without considering and consulting my spouse?
- Do I enjoy tackling tasks, like house/yard work, together with my spouse?
- Though we each have jurisdictions over which we have primary responsibility, do I look for ways to help my spouse and make his/her tasks less burdensome?

- I might describe our marriage as great, but if my spouse seems concerned about something between us, do I initiate a discussion to hear and address his/her concerns?
- Even if I am in the middle of a task/project, do I prioritize responding to my spouse and returning his/her affection?
- Do I enjoy thinking of ways to serve my spouse and make his/her life less burdensome?
- Do I try to be cheerful, friendly, and courteous toward my spouse, even when I am not feeling good or when I am not feeling happy?
- Do I try very hard to make my spouse feel that I appreciate him/her?
- Do I resist judging my spouse's motives when he/she hurts, offends, or sins against me?
- When in disagreement or conflict with my spouse, do I resist using verbal jabs meant to get my point across subtly (or maybe even not so subtly)?
- Am I careful to acknowledge my spouse's efforts to serve our family and faithful to thank him/her?
- Do I readily admit when I am wrong, confess it as sin to my spouse without excuse, and seek his/her forgiveness?
- Do I readily admit when I am wrong, confess it as sin to my spouse without excuse, and seek his/her forgiveness, even when he/she has also sinned against or offended me?
- Do I quickly seek to resolve each conflict with my spouse biblically, by genuinely repenting of my sins, or sincerely forgiving my spouse of his/her sin, or diligently overlooking offenses - that is, letting love cover over a multitude of sins?
- Do I daily seek to express love for my spouse in ways that I know best make him/her feel loved?
- Do I communicate with my spouse in a way that makes him/her feel that I think well of him/her?
- Do I regularly tell my spouse that I find him/her attractive?
- Do I regularly affirm the "inner self," that which is of great value in God's sight, in my own mind concerning my spouse and in what I say about my spouse?
- Do I encourage my spouse by expressing admiration and appreciation of his/her character?
- Do I daily seek to make myself attractive by nurturing a gentle and quiet (calm) spirit and the character quality of submissiveness ("not-my-willness")?

- Do I resist comparing my spouse to others?
- Do I avoid giving place and voice to thoughts about the attractiveness of someone other than my spouse?
- Do I have a natural response to defend and be protective of my spouse and his/her feelings?
- When interacting with others, in what I say and do, and for any decisions I may be asked to make, do I faithfully consider the impact on my spouse and our marriage first?
- Am I diligent, as much as is possible and reasonable, never to be alone with someone of the opposite sex who is not my spouse?
- Do my children know that I am on the same page with my spouse concerning discipline?
- Am I careful to interact with everyone of the opposite sex who is not my spouse with reserve, making wise use of natural boundaries as a guide to the appropriate levels of familiarity?
- Am I committed to speak positively about my marriage even in difficulty and refuse to entertain thoughts of divorce or to use separation and/or divorce as a threat?
- Am I more focused upon and conscious of how my spouse and I, as believers, are united in mind and purpose than how we differ?
- Do I think and speak naturally in terms of "us" and "we" as opposed to "I" and "me"?
- Do I communicate and demonstrate a unity of spirit with my spouse in the presence of others, including our children?
- Am I careful and gracious in the way that I express any difference of opinion that I may have with my spouse, and do I make every effort to communicate this privately?
- Do I encourage my spouse in the expression of his/her point of view and resist being questioning, critical, belittling, dismissive, or defensive of my own point of view?
- Am I typically affirming of my spouse's ideas and resist adding to or otherwise trying to alter them?
- When differences become apparent, do I seek solutions both my spouse and I can agree on, rather than digging in my heels and defending/arguing my own position?
- Am I able to talk with my spouse about any and every area of our relationship with freedom and with interest in his/her thoughts, feelings, and point of view?
- Am I making it a priority to develop intimacy with my spouse spiritually through prayer for and with one another?

- Am I making it a priority to develop intimacy with my spouse spiritually through discussion and study of God's Word together?
- Am I making it a priority to develop intimacy with my spouse spiritually through worshipping together and serving together?
- Am I making it a priority in my marriage to pursue physical intimacy with my spouse (physical affection & sex)?
- Am I making it a priority in my marriage to keep open, in-depth, regular lines of communication with my spouse about every area of our lives together?
- Do I communicate emotional affection and sexual desire for my spouse with my words and looks and body language?
- Do I regularly desire and initiate physical affection with my spouse?
- Do I regularly desire and initiate sexual relations with my spouse?
- Do I regularly desire and initiate verbal communication with my spouse?
- Do I regularly desire and initiate spiritual interactions, including discussion, prayer, Bible reading and/or study with my spouse?
- Do I respond willingly and sincerely when my spouse expresses desire or initiates physical affection or sexual relations?
- Do I demonstrate attentiveness and interest when my spouse wants to talk with me?
- Do I respond willingly and sincerely, demonstrating attentiveness and interest, when my spouse talks with me about spiritual things?
- Am I honest and compassionate in explaining any reason(s) why, on a particular occasion, I cannot participate in sexual relations with my spouse, and do I use the opportunity to affirm my desire, express my regret, and communicate an eagerness to be intimate again soon?
- Am I honest and compassionate in explaining any reason(s) why, on a particular occasion, I am not able to be as involved in conversation with my spouse as I normally would, and do I use the opportunity to affirm my interest and desire to talk with my spouse, to express my regret, and communicate my eagerness to resume the interaction again as soon as possible?
- Am I honest and open about my spiritual life and any struggles I might have that could hinder my interactions with my spouse in our prayer life, Bible study, worship, or conversation about spiritual topics?
- Am I eager to give my spouse physical pleasure and make him/her feel desired, treasured, loved?

- Do I demonstrate attraction and desire for my spouse's body with my actions and communicate it with my words?
- Do I show my spouse that I am interested in what he/she thinks and feels spiritually, and that I want to be part of his/her spiritual life?
- Do I make my body available and appealing to my spouse to see and to touch and to enjoy?
- Do I participate actively and fully in lovemaking with my spouse?
- Do I participate actively and fully in worship, prayer, Bible reading and/or study with my spouse?
- Am I sensitive to my spouse's physical well-being in timing my initiations of sexual relations?
- Am I sensitive to my spouse's feelings in timing my initiations of spiritual interactions?
- Am I sensitive to my spouse's physical well-being and feelings in engaging him/her in conversation, particularly about matters of importance?
- In obedience to the Lord, do I quickly seek to restore my relationship with my spouse whenever it has been injured by sin or offense on the part of either of us?
- Having been brought to right relationship with God through repentance for my sin in response to the Gospel, do I have a Gospel-motivated desire to repent of my sins against my spouse?
- Following the example of Christ, am I unreservedly committed to be kind and compassionate, and to forgive whatever grievances I may have against my spouse?
- In submission to the Lord's command, am I committed to be reconciled with my spouse when or if we have conflict and not to separate or divorce?
- Do I daily experience the conviction of the Holy Spirit with regard to my heart attitudes and behavior, particularly in relationship to my spouse?
- Do I have a love of mercy in relationship to my spouse?
- Like the Lord Jesus, do I desire the Father to forgive my spouse of his/her sins against me, understanding that he/she doesn't really know the full impact of his/her sins against me?
- Do I treat my spouse with a Gospel-motivated love and forgiveness, as opposed to treating him/her as I think he/she deserves?
- In dealing with conflicts with my spouse, do I put significant effort into being quick to listen, slow to speak, and slow to become angry?
- Do I readily recognize when I have caused an offense or sinned against my spouse?

- Am I sensitive to realize when my spouse is offended even when I did not intend to offend?
- When I realize that I have offended my spouse, am I compassionate toward his/her feelings, seeking to comfort and restore the relationship?
- Am I learning what causes offense to my spouse, and am I seeking to interact with him/her in such a way as not to give offense?
- When I recognize that I have sinned against my spouse, do I go to him/her, admit my sin without excuse or explanation, communicate sincere remorse, and humbly seek forgiveness?
- Do I try diligently not to repeat the same patterns of sin against my spouse?
- When my spouse confronts me about my sin or some offense I have caused, do I readily receive it with humility and respond with sorrow, avoiding defensiveness, blame-shifting, and anger?
- When my spouse confronts me about my sin or some offense I have caused, do I readily receive it with humility and respond with sorrow, avoiding defensiveness, blame-shifting, and anger - even when my spouse confronts me in a harsh or offensive way?
- Do I understand that healing and restoring feelings takes time, and am I willing patiently to pursue the restoration of a broken relationship with my spouse?
- Am I reasonably successful in overlooking offenses from my spouse?
- In conflicts with my spouse, do I deal with my own sin and wrong-doing instead of "keeping score" - that is, focusing on my spouse's sin and thereby minimizing or even justifying my own?
- When my spouse sins against me, do I go to him/her in love, seeking to restore a right relationship, rather than to make a case and put him/her in the wrong?
- When my spouse commits sin or causes an offense, am I careful to go to him/her privately?
- When my spouse commits sin or causes an offense, do I gently speak to him/her about it and not speak to others about it?
- When I go to my spouse about a sin or offense and he/she does not respond well, do I remain patient, loving, and committed to seek to bring him/her to a right relationship with God and me?
- When I go to my spouse about a sin or offense and he/she does not respond well, am I careful not to try to force his/her repentance and badger him/her into a response?

- When I am offended or believe I have been sinned against by my spouse, do I go to him/her in love and continue to go to him/her over a period of time, as opposed to just once determining that he/she is unrepentant?
- When I am offended or believe I have been sinned against by my spouse, am I committed and careful not to speak about it with my children?
- When I am offended or believe I have been sinned against by my spouse, am I committed and careful not to allow my hurt or frustration to be obvious to my children?
- When my spouse is not repentant, am I able to maintain a spirit of loving forgiveness, as opposed to developing a root of bitterness and justifying keeping a record of wrongs?
- When my spouse is not or does not seem forgiving, do I persist in my repentance and my efforts to seek his/her forgiveness in order to restore the relationship, rather than adding to my previous sin by anger and resentment over his/her unforgiveness?
- When my spouse has committed the same sin or offense against me multiple times, do I maintain a "70 X 7" commitment to forgiveness, as opposed to allowing myself to think in terms of "the last straw"?
- When my spouse has committed the same sin or offense against me multiple times, do I maintain a "70 X 7" commitment to forgiveness, as opposed to allowing that sin or offense to define my spouse and permanently overshadow our relationship?
- When my spouse has asked me for forgiveness, do I assure him/her that I want the relationship to be right and that I do forgive him/her, even if my feelings have not yet healed?
- Do I hold myself to the same standard to which I hold my spouse in the areas of confessing sin and giving evidence of the "fruit of repentance"?

___ Total