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EXPERIENCE™



ROSBERG MARITAL ASSESSMENT

DR. GARY & BARB ROSBERG

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Rosberg Marital Assessment

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The following sections outline the results of your Rosberg Marital Assessment. These results are based on your scores as individuals and as a couple. Take time to read each section and discuss the feedback with one another.

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Unconditional Love

Like most couples, you face pressures from life's many inconvenient, tragic, or evil circumstances. Sometimes a variety of pressures pile up on you all at once. Sometimes tragedy hits with the force of a wrecking ball, then goes away. Other times a nagging pressure can hover like a dark cloud for months or years. It's not a matter of if your marriage will face pressure; it's just a question of when.

If you want to safeguard your marriage against the storms and struggles of life, if you want a deeper bond and a richer friendship, you need to have an unconditional and persevering love. It's the kind of love that triumphs over trials and grows stronger when you are most vulnerable.

The Unconditional Love area of this assessment looks at the persevering qualities in your marriage, the continual curiosity you may have for your spouse, and the boundaries you have set to guard your marriage from outside pressures.

There is a safety in knowing that your love for one another is unconditional, that no matter what happens you will stay together. Divorce is not an option when there is unconditional love.

Your marriage can be a fortress of protection where each of you is safe to show your wounds. Safety happens when your spouse is emotionally present – totally with you – and you are present with him or her. Your relationship becomes a safe place when you lower your defenses and share yourself fully with your spouse, knowing that you are accepted and loved for who you are, that you don't have to pretend to be anything else. If you can provide this safe haven for one another, you are prepared for any trial.

Guarding your love is key in keeping it protected and safe. The instruction given in Scripture to "guard your heart" means to purposely place a protective shield around the center of your life. When you guard your hearts, you guard all that is truly valuable in life. It is guarding love that identifies and stands against real-life dangers to a marriage. When guarding love is in operation, you and your spouse will enjoy a heightened sense of safety and security in your relationship.

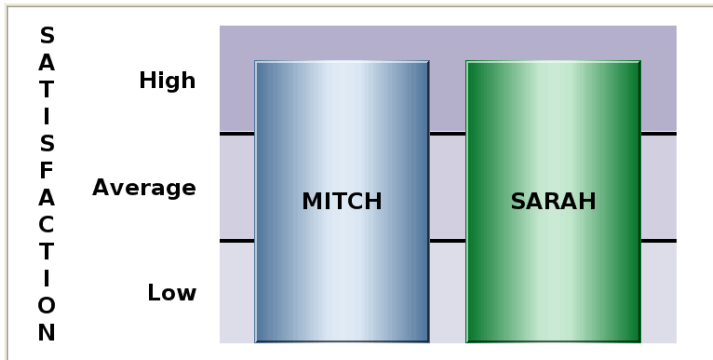
To learn specific ways to create unconditional love in your marriage and guard against external pressures, read *Guard Your Heart* by Dr. Gary & Barb Rosberg. If you would like to show your commitment to staying together through the hard times in your marriage, get the 'Our Covenant Home' certificate created to proclaim your marriage commitment to each other. The beautiful certificate can be framed and will be a precious keepsake for you and your children.

Portions adapted from *Guard Your Heart* and *6 Secrets to a Lasting Love* by Dr. Gary & Barb Rosberg.

Persevering Love

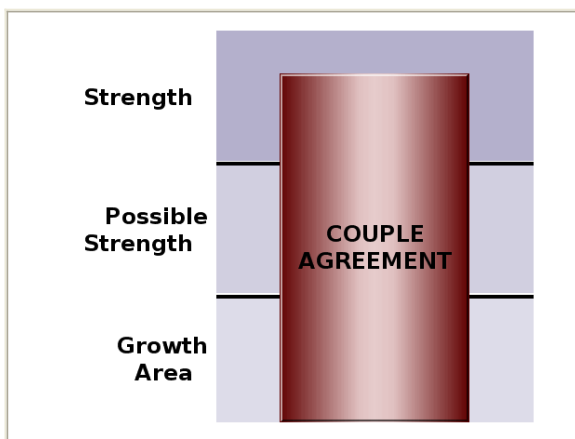
The **Persevering Love** category looks at the commitment you have to stay together in your marriage, even through difficult times. The confidence you have in your marriage lasting a lifetime as well as your feelings about separation and divorce are also examined.

Individual Results for Persevering Love



- As individuals, you both are positive about the commitment you have to one another and to your marriage.

Couple Results for Persevering Love



Agreement Items: You both feel positive about:

- Growing old together
- Loving one another no matter what happens
- Turning a crisis into a growth opportunity
- Whether or not divorce will ever be an option
- Whether or not separation/divorce have been considered
- Your commitment to marriage lasting a lifetime

Discussion Items: It may be helpful to discuss:

- Your marriage withstanding future illness or loss

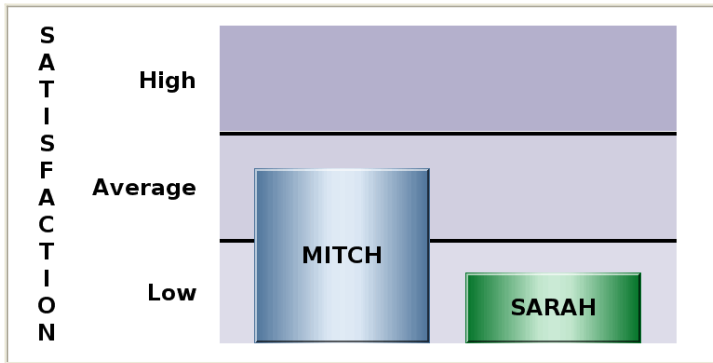
Persevering Love is a **Strength Area** in your relationship. Always keep the attitude that divorce is not an option legally or emotionally. Continue to let your spouse know that you love them no matter what happens and that you are committed to staying together in the hard times. Difficulties come to any marriage but when you have a foundation of commitment and persevering through the challenges, your marriage and love for each other will last a lifetime.

Couple Discussion: Congratulations! This is a Strength Area because you agreed on many items in this category. Review the **Agreement Items** listed above. Encourage and affirm your spouse that this important aspect of marriage, persevering love, is a strength. You may also have some **Discussion Items** listed. Take a few moments to talk about any issues that you could resolve as a couple.

Marital Boundaries

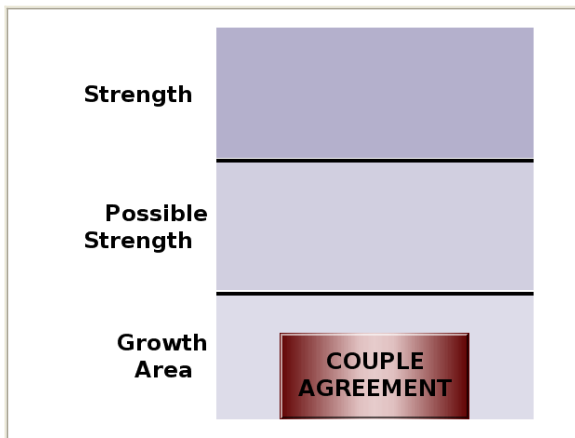
The **Marital Boundaries** category looks at how well you safeguard your marriage from internal and external pressures such as career, money, and other people. Also, this category measures your satisfaction with the way you interact with one another's families.

Individual Results for Marital Boundaries



- Mitch is somewhat satisfied with the degree to which you have established boundaries against outside pressures and temptations, but is aware of some issues that need to be discussed.
- Sarah is aware of external pressures and temptations that you do not have effective boundaries against.

Couple Results for Marital Boundaries



Agreement Items: You both feel positive about:

- Being guarded against emotional entanglements

Discussion Items: It may be helpful to discuss:

- Balancing careers and home life
- Boundaries for protecting your marriage
- Boundaries to protect against sexual temptation
- Interacting with one another's family of origin
- Resisting temptations of status and materialism
- Your boundaries with each other's families

Marital Boundaries is a **Growth Area** in your relationship. Clear boundaries are important within marriage. Once you have both committed completely to your marriage knowing that divorce is not an option for you, you will both have the security to protect other areas of your relationship and grow in trust for your spouse. Discuss areas where you feel your marriage is currently unguarded and make a decision to work toward guarding those areas.

Couple Discussion:

This is a **Growth Area** because you disagreed or both had concerns on several items. Begin by reviewing any **Agreement Items** in this category. They are a source of strength for you as a couple. Second, review and talk about the **Discussion Items** listed above. Attempt to identify and define the issues, and understand one another's feelings and perspectives as you work towards a plan to resolve your differences.